



# YOUR APRIL COCA NEWSLETTER

brought to you by the EVS volunteers Verena and Léa

## EVS VOLUNTEERS

STILL HERE DESPITE THE LOVELY PEMBROKESHIRE WEATHER



Life on the farm is a good life, and we've been enjoying this month at COCA. We were positively surprised by the warm welcome we received by the members of the COCA core group, and generally from the inhabitants of Pembrokeshire. Amazed also by the landscape - we can see the sea from our caravan!

We had some good work done! A lot of seed sowing in Polytunnel 1: leeks, lettuce, beet-root, broccoli, cauliflower, kale, swiss chard, and radishes.

Caz's "babies", also known as the tomatoes, are now planted out in Polytunnel 1.



Gill took us bamboo hunting "in the wild" at Woollen Mills where we gathered bamboo. We are excited about the beans who will grow up the bamboo tipis we have been building in Polytunnel 2.

We also worked outside: clearing the fields from the cabbage that went to flower, rotavating the shelter area, sowing carrots and parsnip, laying out plastic and transplanting kale, cabbage and Brussel sprouts.

And of course, we spent a good amount of time harvesting! On Thursdays, we harvest for Fishguard and Haverfordwest, and on Fridays, for all the other shares. Gill, Rosie, Dave Livingstone, Brenda and Nele have been helping us and we'd be more than happy to meet more members during the harvesting on Fridays, starting at 11 am!



Nele, our new WOOFer who will stay until June, and Verena:  
happy harvesting times in company of the chard and the lettuce

## SEASONAL VEGETABLE RECIPE

### CHARD ROLLS: A QUICK AND EASY RECIPE TO "MAKE THE CHARD GREAT AGAIN"

Ingredients: for 4 persons

2 onions finely chopped

2 leeks washed, trimmed, finely chopped

grated cheese to taste

1 cube vegetable stock

1) Boil the rice with the vegetable stock

2) Fry the onions and the leeks

3) Stir the rice in the pan with the fried vegetables. Add the grated cheese

4) Blanch the chard leaves

5) Roll the rice mix in the chard leaves



**ET VOILÀ !**

**BON APPÉTIT !**

# INFORMATION ABOUT YOUR VEG

## PRICE COMPARISON (Tesco)

FOR A LARGE SHARE IN APRIL:

1 kg potatoes .....£1.00  
0.5 onions .....£1.00  
Sprouting Broc 500gr .....£6.00  
500 gr chard..... £4.50

150 gr leeks .....£1.00  
Mustard/oriental greens 150 gr .....£1.90

TOTAL VALUE .....£15.40

## BUY-IN VEGETABLES

This month, we are buying potatoes, onions, swedes and beetroot from C and M Organics. Unfortunately, we won't be able to get local organic carrots until the Welsh/UK crop starts again in late May or June.

## SAY STOP TO WASTE!

Anyone who is going away please let us know they will not be collecting their vegetables by emailing the members secretary by email: [nathan@coca-csa.org](mailto:nathan@coca-csa.org). Waste is not part of our ethos and a lot of shares are still not being collected...

## BETTER EAT THEM FRESH!

James Wong wrote an article about Sprouting Broccoli in the Observer on Sunday, explaining how it is one of the few vegetables that loses its "freshness" and its health properties very quickly after harvest... A great reason to collect your share on Friday or Saturday! Sprouting Brocoli is great for providing glucosinolates which are said to protect your heart from trouble, and may even prevent you from getting cancer. Though Sprouting Brocoli is good for your health, 80% of its benefits are lost within a week! Quoting James Wong: "Sprouting Brocoli loses upto 70% of its Vitamin C and beta-carotene and 50% of its anti-oxidant activity in just 6 days".

## NOT WASHED!

None of our vegetables or beautiful fresh salads are washed. We advise that the salads are washed in 2 changes of water before eating.

## EVENTS

### QUESTIONNAIRE

Please take the time to fill in the questionnaire you found in your box and bring it back to Cartref! And here's good news: by completing the survey you will be entered into a prize draw with a chance of winning a bottle of gin kindly donated to us by the Dyfi Distillery.

### ANNUAL GENERAL MEETING

The AGM is coming up on Saturday 13th of May, 7pm at Cartref COCA, Caerhys Farm. It's the perfect occasion to meet the members of the COCA core group, and the EVS volunteers. The results of the survey (and the winner of the prize draw) will be announced then. Save the date!



## VOLUNTEERS DAY

Voluntary day for planting onion sets and cabbages coming Saturday 29th from 10 am!  
Contact Gill at gillewis2@gmail.com

## A WORD FROM GERALD

Some of you may not know that Gerald, one of the founding members of COCA, is currently in the hospital, after a mild heart attack. Gerald being Gerald and being passionate about Caerhys Farm and COCA, he is bored and is still thinking about the farm and has provided us with some information:

*"Three months gone and we are bang into Spring with pressure building to get ground work done ready to start planting beaverling little plants and sowing corn. March was good but wet, we managed to get the ploughing done in between showers. The soil does not really have time to really dry before another shower comes and then we are back at stage one of anxiety again. Had a few days dry and today managed to get twenty ton of lime spread, 15 ton on corn land and 4 on the Coca veg field. (5 ton spread costing £128). Now the compost (the farm manure) can be applied to before preparing the beds. With thirty acres of corn to sow as well and 24 pregnant suckler Welsh Black ladies ready to pop their calves, so this is when the Miles family with Caz at the helm confront the challenges of what Nature puts our way. Sowing with full moon on the 11th. April we need to sow/drill our thirty acres by midnight of full moon. Five acres, Parc Penlan, will be planted with Emmer Wheat, an ancient variety dating back to the Egyptian period. Fourteen acres of "Shiprys" (Welsh for mixed Barley & Black Oats) sown in Rhof Draw & Parc Fronwen. Seven acres in Rhosdown will be drilled with Black Supreme, a black oat variety that my father was growing forty years ago, this variety is rare, I was fortunate to obtain 25kg from a farmer in Ireland delivered in the boot of a coach on rugby tour to St Davids. Parc Penffordd, eight acres, will be sown with Emmer Wheat plus trials of other varieties I brought back from Poland in March this year. Plus we will be planting half an acre of potatoes in this field as well as corn.*

*Top half of the Coca Veg field has been limed to improve the PH and farm manure added to sustain the fertility, as of course vegetables are very demanding plants. The bottom half of the field, from soil analysis, is low in Phosphate (K) which needs to be rectified by applying Sulphate of Potash at 100kg an acre with total needed = 250kg costing £290. Meanwhile the 2 polytunnels have been churning out all this lovely salad and Swiss Chard as well as growing the thousands of seedling plants for the open field. The tunnels now will be turned over to Tomatoes, French beans, Cucumbers and more herbs for the summer. With all this TLC the soil is ready to grow Coca Veg for our members and the dedicated work of Caz, Gill, Verena, Lea, and Nele. Spring is here, pressure is on and we all need to work together while having fun with Nature."*

## MAGAZINE ENTRIES

If anyone would like to contribute to next months or any months newsletter please email:

[rosie@coca-csa.org](mailto:rosie@coca-csa.org) or [lea@coca-csa.org](mailto:lea@coca-csa.org)