



**World  
Wide  
Opportunities on  
Organic  
Farms**



Corrienne Lasevicius

Hello I am Maureen O'Sullivan the "new" newsletter editor!

Welcome to the delayed Summer Newsletter for 2013. Chasing articles and photos for this newsletter has been like herding a group of disobedient goats into a pen (similar to those of Corrienne's article pg.10), only joking, but finally HERE it is and thanks to all those who contributed.

This bumper edition of the newsletter is filled with important information from Annie on developments that are happening to the organisational structure of WWOOF Ireland. We have two lively accounts of their experiences of being WWOOFers from Eva and Corrienne. Desmond at Jampa Ling recounts the centre's experience of being filmed for a TV series and Rob advises us of important website changes. We meet the new WI Directors Noel and Steph as well as team member Linda. Karen from Lettercollum kitchen and Rachel at Organico Café share some great recipes.

About myself, I come from at least 8 generations of farmers and although I grew up mainly in London my summer holidays were spent helping on family farms at a time when being organic was the only way! I used to work for an international development agency but am now settled full time in Bantry, Cork where I live in an 1830's townhouse with a walled garden and a small orchard. The pears taste particularly good this year!

Hoping that you are basking in memories of a wonderful summer. Happy harvesting!



## **What's Inside?**

**Rob's article. Changes to new website and advice to Hosts and WWOOFers on how to minimize disruption.**

**Meet: Linda, Noel & Steph.**

**Annie's report back from conference.**

**Eva's senior woof experience.....Never too late.**

**Desmond at Jampa Ling centre's experience of being televised.**

**Corrienne's Resilience WWOOFer experience.**

**Recipe for Wwoofed Rocket from Karen Austin Lettercollumkitchen project.**

**Summer salad recipe from Rachel at Organico Cafe.**

**Invitation to submit recipe with six ingredients or less.**

## **STOP PRESS!**

### **WEBSITE CLOSURE FOR THE MONTH OF NOVEMBER**

For the last few months, Peter – our website designer – and I have been working on a major upgrade of the website's software. This has been necessary as our current software will become obsolete in the autumn and we have to change to the new version for security reasons and also to make it compatible with mobile devices, which we find several hosts, and many WWOOFers, are now using. We are also changing to another server which should make the site considerably faster than at present!

So we are having to take the website off line for up to one month to enable us to transfer all the existing data and set up the new software. We have decided to do this upgrade this coming November as it is the quietest time for WWOOF activity and hopefully cause the least disruption possible to our members. The site will be closed for up to four weeks from the 1st November 2013 but obviously during this time the WWOOF office will still be open for business!

#### **Changes to the new site**

- The new website will look and feel quite different to the present one, with a fresher look and a change of styling.
- All users will have a 'home page' where most of the information they need is assembled in one place. The home page now includes bookmarks, account and subscription info and links to profiles etc.
- WWOOF Ireland administration can now add notes on their home page - called 'Dashboard notes' - specifically for WWOOFers or Hosts to see on their home page.
- The registration and subscription process is being streamlined so that there will not be a separate registration like before, the user will register and subscribe at the same time. This should eliminate a lot of confusion there has been in the past. Postal subscribers will need to fill out an online form and print it out to send with

remittance to the WWOOF Ireland office where the WWOOF Ireland managers will create a subscription for them.

- The Immigration ID form is changing so that WWOOFers can add unlimited number of hosts to their list of placements, while at present it is limited to five.
- The new website will have self adjusting style pages. It will know what device is using it and will be compatible with mobile and tablet devices.
- All members (*including Hosts*) can now create bookmarks of any page that has a 'bookmark this' link. For example, Hosts will be able to use this to keep track of WWOOFers to whom they have offered places.

#### **\* IMPORTANT FOR HOSTS**

Please insure that you have your placements for November sorted well in advance and make sure you have contact details for those WWOOFers you will have in November and December as you will not be able to access the site during November.

#### **\* IMPORTANT INFORMATION FOR WWOOFERS NEEDING IMMIGRATION ID FORMS**

ALL IMMIGRATION ID forms MUST be printed off BEFORE 1st November 2013 as ALL IMMIGRATION ID data after that point will be lost.

We hope to make the change over to the new site as trouble free as possible, but please bear with us as there are bound to be a few problems along the way as this is a very complex technical procedure, but it has to be done to ensure the continued smooth running of WWOOF Ireland!

Rob - WWOOF Ireland Website manager

## Report Back:



Left to Right: Lighting the candles with - Scarlett Penn from WWOOF UK (left) and Jo Fowler Ulster Regional Rep (right)

### **Annie King outlines some of the important recent developments for WWOOF Ireland .....**



Annie King and Sue Coppard at launch

Dúrla, on Good Hosting, a panel giving information and taking questions on CSA, hosted by Sarah Fleming, formally of Slow Food International and a food consultant which included Aimi Pinder of Kinsale Green Growers, John Dolan, local CSA operator, and Lily de Slyva, who also teaches about CSA as well as open discussions on WWOOFing and Hosting. There were also visits to a selection of local Hosts, . On the Saturday evening there was a celebratory meal, and we each lit our own candles and turned off the lights as a part of 'Lights Off for Earth Hour' - it made a nice ceremony!

### **It has been a very, very, busy year for WWOOF!**

#### **Launch of WWOOF Ireland Limited**

In our last newsletter we were announcing the Launch of WWOOF Ireland Ltd and held our first national meeting in Ballydehob West Cork, at the end of March last year, attended by Sue Coppard, founder of WWOOF, to officially launch WWOOF Ireland as a not for profit company. This was a weekend with presentations on Community Supported Agriculture, hosting tips, visits to hosts, celebratory meal and many discussions (some late into the night!) on subjects relevant to WWOOFing and hosting. Scarlett Penn, Co-ordinator for WWOOF UK and more than 50 hosts and WWOOFers attended, some from as far away as Donegal and we introduced Linda Cohu who has now joined the team. The meeting included presentations by Wendy Nairns, who was a host for more than 20 years, and Suzie Cahn, of Carriag



Above Wendy Nairns and Suzie Cahn,. Below: Sarah Fleming, Lily de Slyva, Amie Pinder and John Dolan giving presentation on CSA

## **WWOOF Ireland Limited and Charitable exemption**

Following the launch, the WWOOF Ireland team spent several months in discussions and meetings with solicitors and accountants to find the best way to go about forming a not for profit company aiming to achieve charitable exemption. The summer months are always our busiest in the office anyway, and so finding the time to dedicate to the new company formation as well as devising appropriate articles and resourcing founders and directors was a challenge! But the company was formed as WWOOF Ireland Limited on November 20<sup>th</sup> November 2012, with 3 non executive directors and 4 staff, now employed by the company and not on a casual basis as before.

In April, as we could then show several months of trading, we made enquiries of the Revenue Commissioners about Charitable Exemption, and were asked to produce a five year plan detailing the history of the organisation, its development and intentions. So for the next 3 months, along with our usual busy summer schedule, members of the team have been putting together the plan, which is now with the Revenue Commissioners for assessment. Initial reaction seems in favour of Charitable exemption and we will keep you posted!

## **Conferences and meetings abroad**

As usual, WWOOF Ireland representatives attended the WWOOF UK AGM in October, this time Jo Fowler, our Regional Rep for Ulster, came along to meet with the other UK regional reps, as she will be the contact point for our Northern Irish hosts, who are also listed on the UK WWOOF Host lists. In May this year it was the European meeting, this time in Portugal, and Linda attended this to meet with other the other European Co-ordinators and learn more about the running of WWOOF elsewhere.

Connections on the International front grow stronger each year, and since the meeting in Korea in 2011, representatives from WWOOF all over the world have been working together to form the Federation of WWOOF Organisations – FoWO – whose members are made up from national WWOOF organisations and which offers support to its members in terms of trade mark

issues, immigration and insurance. At the moment WWOOF Ireland is very much involved with WWOOFs Canada and Greece in trying to find a public liability travel insurance cover that can be included in the membership fee for both WWOOFers and Hosts, hopefully not increasing the fee you pay by any more than €5 a year. More information will follow on this on the website later in the year.

## **TV coverage**

Last year the office was approached by Stirling television company to help them find Irish speaking hosts for a series they wanted to do about WWOOF on TG4 which also included presenters going WWOOFing in other European countries – (*read more pg 7*). Now they are looking to do a follow up series so any other hosts especially Irish speaking ones – please do get in touch if you would be interested in being involved in this and we will pass your details onto them!

## **New website**

One of the biggest changes that is happening this year is the development of the new website, (*see Rob's article pg 2*). Peter Clarke designed the original website, from scratch which has a very elegant design. The new design will be able to be compatible with mobile devices, which seem to be what most WWOOFers have now, even if Hosts don't! We owe a great vote of thanks to Peter for all the effort and diligence he puts into this – our website is actually the envy of many other WWOOF groups throughout the world!

## **New newsletter editor**

We also owe a big vote of thanks to Amanda Clarke, who stepped down last year as our newsletter editor, she did a brilliant job of gathering articles for our first newsletters and some great book reviews. With all the administration and changes taking place, we're sorry its taken so long to find someone to replace her, but now Maureen has joined the Team, and so welcome! The format has only slightly changed, with the addition of recipes - so if you have any suggestions for future newsletters, articles to submit or anything at all - please contact Maureen via the office!

## Forum issues

The Forum is being well used and a variety of topics come up, although some appear more often than others. Two perennial problems have been aired in more than one discussion thread. One is the lack of response WWOOFers get from the Hosts they apply to – both of which seem to highlight the importance of communication!! So we strongly urge all Hosts to respond to every email they get – even if it's a simple 'no thank you!' – we all have the problem of many emails to reply to and the sending of 'group' emails from WWOOFers (and we Hosts can always tell if you've not really read our details!) will not encourage replies – but if Hosts do not reply, then that is encouraging WWOOFers to send as many as they can this way!

The second bugbear is the sudden cancellation by WWOOFers with no understandable reason- which can leave Hosts in a predicament - so it is vital for WWOOFers to be clear that they are making a commitment and not to cancel except under exceptional circumstances.

## New Hosts

WWOOF Ireland continues to expand, and we have 25 - 30 new hosts this year! We are starting to be more diligent than was ever possible for WWOOF Independents when they held the Irish list, and now quiz hosts waiting for approval very thoroughly especially to identify how organic the host is and how much experience they can give to their WWOOFers in organic growing. As there are now other volunteer organisations available, we are able to direct unsuitable hosts, such as B&B places or hostels, where the amount of learning about organic growing or sustainable living might be outweighed by the kind of domestic help expected, to another source for volunteers. We are still working towards visiting new hosts, which will be a function of the Regional Reps a couple of months after the new Hosts have joined – and we are still hoping to recruit more Regional Reps! Anyone interested, please do contact the office!

## New member of the team

### Linda Cohu



Hello, my name is Linda Cohu and I am a WWOOF Ireland team member since last year. I am originally from France and have been living with Tony in west Cork since 1980.

I am an artist and also have a smallholding with a vegetable garden and woodland. We host WWOOFers in the spring and autumn. I have been a volunteer worker on farms whilst living in Sweden and Norway for five years and spent a further year on a biodynamic goat farm in France (all in the 1970s).

My work with the WWOOF Ireland team is mainly dealing with new hosts, contacting them when they apply to welcome and help them with their project details. I also manage our shop (great WWOOF t-shirts!) and carry out general office administration work. I greatly enjoy being part of the WWOOF team!

Being fluent in French is a great help with the number of French WWOOFers that we have!

## **Eva Duus Joergensen shares her experience of becoming a "senior" WWOOFer with us**



I would like to tell about my three lovely adventures WWOOFing in West Cork and Sligo. I am a town person in Denmark, and my gardening background is that I had a job in the ticket office of a botanical garden. I also have an allotment where I grow flowers and I enjoy weeding as it allows you to see that you have done a good job when it's done!

Years ago before I had a computer with the internet I read about WWOOFing in Ireland, thinking that this would be a great opportunity to try one day. I reached the age of 64 before I decided that NOW was that day! I was at a point in life when I needed a little change and a challenge. As my daughter and her family live in Dublin I have visited the capital many times but had not yet visited counties Cork and Sligo.

### **First WWOOFing experience, April/May 2012**

After creating a profile on the web page I looked at the many very interesting hosts and was lucky to get a placement with a host in West Cork. The farm had an area for wildlife and birds, raised beds, chickens, dogs and cats, and then what especially drew my attention to the place was that the advert said that you might also have to help take care of the next-door farmer's new born lambs!

On my way from Dublin to Bantry where I was to be collected I had a few butterflies in my stomach. What in the world was I embarking on? Would I be able to communicate with my hosts and also be able to understand the tasks I was supposed to do? Would I be able to carry them out properly and so on!

But as it turned out I needn't have worried at all! I was received by the most kind and pleasant couple of my own age who showed me the place, introduced me to two lovely dogs, accommodated me in a caravan and served a delicious evening meal. During the next nine days I weeded the raised beds, planted potatoes with manure from the chickens, learned how to plant leeks and removed a lot of ivy from the trees and an old bridge. Furthermore we also had two lovely small lambs that needed to be bottle-fed!

I had a lot of spare time which allowed me to explore the beautiful area. The farmer next

door took me up the mountains and showed me how his dog worked the sheep. My hosts took me to the market in Bantry and also to visit the music pubs in the area. I was served great food, and I could stay in the caravan and read at night or come into the house and watch TV with my hosts. They seemed to have great understanding for my need to be on my own now and then. It was a very good and healing time for me that gave me the courage to go WWOOFing again!

### **Second WWOOFing experience, September 2012**

Feeling a little more relaxed this time I went to Co. Sligo to stay with a fantastic woman who had moved over from England to live the simple life. She had transformed a wild landscape in a very remote area into a paradise with fantastic small different kind of gardens. I had a room in the house and together we weeded, dug, covered the soil for the winter and tidied up the sheds and nursery. We also transported stones in a wheelbarrow and put them into the driveway. I was taught to value the water and other resources that I usually take for granted.

We had walks in the area as well as pleasant evenings in the house with needlework and very good conversations. We were able to talk about everything from parents, partners, children to gardening, God and the angels. Such a lovely woman and such a lovely time!

### Third WWOOFing experience, March 2013

My host was a wonderful lady living on the Sheep's Head Peninsula in West Cork, which meant that I was again going to be collected in Bantry. Feeling somewhat anxious on the way to her home we realized immediately that we were on the same wavelength. When we got to her beautiful and very isolated house, which was only a few metres from the sea I was invited for a cup of tea before I was put up in my room. I learnt that this place had been for many years a well known garden in Ireland, as it had been transformed from rocks and stones into a garden which had had many visitors during the years.

Because of the mild climate many tender species can live

here even if the sea with its salt-laden air might be a danger to many of the plants. I enjoyed traversing the terraces weeding and cutting back shrubs and bushes - and also playing with the small dog! In the afternoons my host took me in her car to see the fabulous area, and we again had very good conversations in the evenings. One night I had a little cold, and was provided with a shower, a dressing gown, a huge dose of vitamin C ... and most importantly a hot whiskey. I am sure that the latter took away the potential illness!

My hosts have all been very obliging, patient and kind to me, and we shared our love for gardening. I learnt that they all live with great respect and love for nature, animals and other human beings, and that even if they are living in quite secluded

spots they are part of small communities with a strong sense of solidarity. To all my hosts I would like to thank you so much for having me, for opening your homes to a total stranger, for letting me meet your families and neighbours, for the interesting, eye-opening and amusing conversations, for the lovely meals and cups of tea, for having taught me about organic gardening and for introducing me to many other aspects of life that I did not know about before.

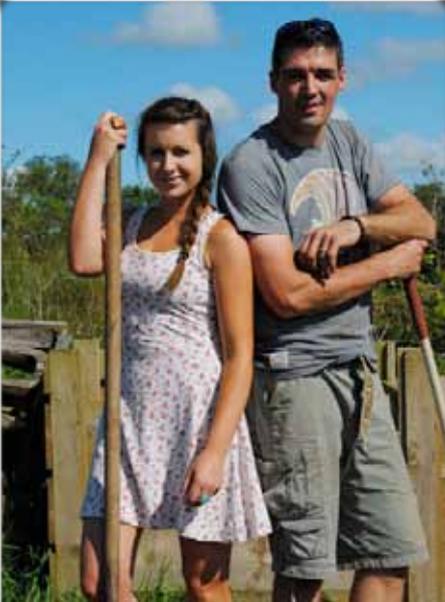
I do not know if I'll be WWOOFing again, but I shall never regret that I became a "senior" WWOOFer.

God bless! All the best to you all and to WWOOF Ireland!

Eva Duus Joergensen.  
Denmark

---

### Jampa Ling Tibetan Buddhist centre in Cavan was in the limelight when TG4 filmed it for a series on WWOOFing. Desmond Gough takes up the story.



Mairead and Conall

I work for Jampa Ling, a Tibetan Buddhist centre in Co Cavan. Last March we hosted two Irish-speaking WWOOFers for the TG4 series "WWOOFAIL".

They arrived on a Monday, Conall and Mairead. They came by car which is unusual for WWOOFers, but Mairead's car was something else, a two-tone pink two-seater retro-vintage Nissan.

Along with them came a five-man television crew, Brian, Robert, Feilimi, Pol and the director Grainne.

Conall and Mairead stayed in the dorms which are clean and pleasant. Early in the stay Mairead was terrified by a mouse in her dorm. She has a phobia about mice. The moment I heard of it I sprang into action.

The fact that a visitor had seen a mouse in a dorm was serious but we had TV cameras here too - looking for "an angle"!

By the time I had baited the humane mousetraps with peanut butter and got to the female dorm, the cameras were already rolling. I dealt with the situation as best I could and we all talked about it over the evening meal and had a laugh.

I gave Conall the job of cleaning up some bird poo under a nest at the back door. The fledglings were just beginning to fly. I hoped that would satisfy the TV Director's desire to give the WWOOFers a dirty job to do.

On Wednesday we have our Community Garden morning and they filmed Mairead gardening. Being a Buddhist centre we don't kill the slugs, we remove them to a faraway forest. Mairead got to do this.

Conall worked on the gravel path around the Stupa, a Buddhist Site of Veneration that we are building.

The Venerable Lama Panchen Otrul Rinpoche, the Tibetan Lama who lives here, showed an interest in Mairead's car and she offered to take him for a spin. The Director, Grainne, really wanted to film it.

When Rinpoche asked, "Where will we go?" the Director replied, "Nowhere. We'll just film you and Mairead setting off and some shots."

That was not to be the case.

They filmed them getting into the car and I waved them off, and much later on in the afternoon I asked Pol, Grainne's assistant what was happening now. Pol told me the TV crew had lost the car on the road. Mairead and Rinpoche had driven off for their spin!

On the evening they were leaving we gave Mairead and Conall a big Jampa Ling send off - going outside and standing and waving as they drove away. Then a while later we said goodbye to the crew of five.

All of us residents at Jampa Ling really enjoyed their stay with us. They had been with us for five wonderful days.

That was September; in March we saw the episode of "WOOOFÁIL" on TG4. Animals featured heavily, birds, mice, slugs, dogs and cats. We were all very happy with the finished programme.

Conall and Mairead both spoke very respectfully of Rinpoche, and the spin in the car with Rinpoche was Mairead's highlight!

---

### **Meet our Directors - WWOOF Ireland Ltd has three Directors - all unpaid - Annie King, Noel Burke and Steph O'Toole.**



#### **Hi Noel here**

I and my wife Nina have a small kitchen garden where we grow organic veg and fruit. We also have two tunnels, one of which we use for growing fruit and veg and the other tunnel is used to dry wood for the house that we are in the process of building.

For the house construction we are using stone gathered from the surrounding area and are having a turf roof. I have a woodworking shop and small saw milling facilities where I can process wood from the log to finished wood products. I have been aware of the WWOOF organisation for at least 20 to 25 years through former neighbours who had a market garden.

Nina and I have been WWOOF hosts for the last 3 years and are satisfied with the help we have received from WWOOFers both work wise and socially, and think it gives valuable service to all

**Corrienne Lasevicius celebrates the dogged nature of some of the WWOOFers that she has met on her assignments.**

### **The Indestructible spirit of the WWOOFer**



Paula Salussolia, Valentina Bianchi

Long ago, when my friend suggested we try our hand at WWOOFing, my perception of WWOOFers was, at the very least, enormously different from what I have come to know of them. She described them as mostly young people who help out on farms. My imagination filled in the details of sun-kissed youth singing and chatting their way through apple harvests. Now, it's not as though that never happens, but reality has painted a rather different portrait in my mind. We've been WWOOFing for just over a year now. The farms we've worked on have varied greatly, as have the hosts, but this article is about those busy 'worker bees' who flit through Ireland's fields and gardens.

My thoughts go back to a German chap who was working with us at one farm. He had just left, but as happens among WWOOFers, we kept in touch for a while. He arrived at his new host, keen on the experience he'd be getting on that farm, as it was very different to the one he'd just left. The morning after his arrival, he went downstairs for breakfast to find the place empty. A note had been left on the table. The family had rushed in to hospital with the host who had suffered a heart attack after finding one of his sheep had been killed in a rather grim manner. The sheep had left behind a new-born lamb, which our intrepid WWOOFer had to care for and care for it, he did.

In what other field would you find a pair of young girls hauling logs that would make many men consider using machines and chains; all the while practicing their song they'd learnt for the local craic! There was the team of 3 who were instructed to empty the ancient glasshouse beds, the thin layer of soil hiding mostly very large rocks, then to fill them with the same plus a generous helping of manure and compost, only to be told to empty them completely for restoration.

Mud, mud, glorious mud! It isn't just hippo's that enjoy wallowing in the mud. Ask any Irish farmer and you'll hear about last year's rains. WWOOFers waded through it, turning the soil, planting, weeding – an especially delightful task in the mud. None of that came even remotely close to the sheer pleasure of chasing stropo pigs through mud. For some reason, the same mud that sucks your wellies off has no effect on a prancing pig! We strongly suspected that the pig was enjoying watching the tiny band of WWOOFers struggle through the mud to get to her, knowing it was a futile task and we'd ultimately resort to bribery with juicy beets. Still, you'd often find the WWOOFers stealing a few moments to chat to the pigs or feed them tasty treats from the kitchens.



Jurgis Lasevicius, Paula Salussolia, Valentina Bianchi

In keeping with the theme of Irish weather, the story must be told of the team of WWOOFers who were digging out an entire formal garden to be replanted. In the space of an hour, the weather changed dramatically every five minutes, quite literally. One enterprising WWOOFer decided to time the changes. In that hour, the ever-creative Irish weather threw sun, rain, hail, wind, then more rain, sun, hail and wind at them. It was a source of great amusement and entertainment to that team of workers.

I watched a diminutive Japanese girl overcome her horror at picking sawfly larvae off thorny gooseberry bushes to the extent that she eventually made it her personal mission to eradicate every last one of them. As she went to war on the sawfly, her attacks grew more creative. She bore her scratches by the gooseberry thorns with pride. You have to admire the spirit of the two Italian boys who dug a trench the entire

length of a field with trowels. No, we don't know why they chose to do it with trowels, but we do know that they had plenty of energy to go hiking afterwards.

One of the reasons we opted for our current farm was the goat milking. Having worked with goats before and loved them, sweet darlings that they were, I was keen to befriend another goat. Wait! This one has horns and knows how to use them. If just the right leaves from her favourite tree aren't offered, she's likely to use the horns on you. I learnt that the hard way. Day one left me with bruises. Day two left me without milk in the bucket, though the dogs enjoyed the spoils on the floor. I'm pretty sure that it's the WWOOFer spirit that drove me back to her side for another go on day three. We're friends now... at least, on days when all the stars are aligned.

Is there any other 'career' where the workers drag themselves home at the end of the day, exhausted and bone-weary, but rise to go back to the same work with a spring in their step, chatting and singing all the way... voluntarily?



Paula Salussolia

## Meet our Directors

### Steph O'Toole



My name is Steph O'Toole and I have been a WWOOF host since spring 2012. Over the years I have worked as a gardener, community worker, group facilitator and currently I work in schools doing river ecology and habitat surveys.

A legacy of community work is that I was involved with a lot of voluntary groups. When last year I told Annie King that I was finally out of all the groups, Annie responded that my timing was perfect and I could now be a director of WWOOF Ireland.

As a WWOOF host, I share WWOOFers with my neighbour. As I have not been able to garden much for a number of years, I am currently retrieving the garden I used to have, and WWOOFers have been clearing brambles and remaking beds. I currently have a polytunnel, an orchard and a few raised beds.

Without WWOOF this would not be possible. One of the things I most like about WWOOF is that administration is rural based and just down the road.

## WWOOF RECIPES

### Fresh beetroot salad with carrot, apple, orange and mint

**Rachel Dare of Organico Cafe shares a recipe with us that uses garden produce and which has less than 6 ingredients.**



This is a fresh and tasty salad that can be made all year round, but is especially good when the first local beetroot is available in late spring and early summer. This salad is surprisingly popular in Organico Cafe, and I am often asked for the recipe - so here it is!

- 2 organic beetroot
- 3 large organic carrots
- 1 large organic apple
- 1 medium sized organic orange,  
(you use the zest as well so it's best to use an organic one)
- A good handful of fresh mint

Grate the carrot and beetroot, slice the apple thinly and cut into matchsticks, zest the orange, then slice off all the peel and pith and segment the orange flesh on top of the salad. Squeeze any bits of orange juice out of the cut-off peel.

Chop the mint finely, add it to the salad and mix everything together, and serve.

If you like, you can dress your salad with a basic vinaigrette made with cider vinegar, although when freshly made it's wonderful just on its own. If you don't dress it it will keep overnight in the fridge.

If you like, you could add some crumbled up feta (we use feta from The Real Olive Company which is nice and creamy but not too salty. You can find them at most good markets in Ireland). Enjoy!

## Wwoofed ROCKET

Karen Austin explains how a case of misidentified vegetables resulted in a great new recipe.

The thing to remember about Wwoofers is that they don't necessarily know anything about vegetables and to send them on a picking mission unaccompanied is dodgy. The shop requested a bucket of spinach and a bucket of chard for tomorrow and our lovely Wwoofer volunteered to go picking. This was such a tempting offer that after a brief 'do you know' conversation, off she went armed with two buckets. Some time later she returned with a beautiful bucketful of rainbow chard and a large pile of baby rocket. I was horrified, as for a moment I thought she'd destroyed the fledgling crop of rocket, but it's fine. In fact it didn't harm the rocket at all, as it does like to be picked, and I certainly wouldn't have had the patience to get down and pick such baby leaves singularly. So no harm done.



### Rocket Pesto Linguine

20g sunflower seeds,  
20g pine nuts,  
150g rocket,  
50g parmesan cheese,  
1-2 cloves garlic, .  
100ml olive oil approx.  
juice of 1/2 lemon,  
salt.

Place the sunflower seeds and pine nuts into a food processor with the garlic and blitz until fairly finely ground. Add the rocket and slowly pour in the olive oil and lemon juice. Add the Parmesan and mix well. Season with a little salt and adjust the consistency by adding a little more oil if necessary. Tip into a bowl. Put a layer of olive oil over the top if the pesto isn't going to be used immediately. This will stop the pesto from oxidising. Use within the week.



**If you have a favourite recipe of six ingredients or less, (see Rachel Dare's salad recipe on page 11), that includes some garden produce then why not share it with us by contacting Maureen at the Wwoof office. Thanks!**

Acknowledgements: Many thanks to Eva Duus Joergensen, Corrienne Lasevicius, Desmond Gough, Karen Austin and Rachel Dare.