

Newsletter, June 10-13, 2014

Volume 11, Issue 1



Farm News

We're finally harvesting! Well over three months ago, we started up the propagation greenhouse, and in April we were out and about in the fields planting. So far, all crops are looking great. The weather has been quite cooperative, and the fencing has been doing its work: no visits of the groundhog snacking on the broccoli this year! Now we can enjoy the first fruits of our labor!

We hope that being part of our CSA this season will be a very satisfying experience. There are some things that you'll need to remember:

Pick up your vegetables *on time*: your farm works with various hunger relief efforts, and all food that has not been picked up by 6:00 PM gets donated at that time. Sorry, but we cannot hold shares over, or make up for missed shares. You can always send someone else to pick up your share, and you don't need to tell us about that (just make sure that the person signs off under your name on the membership lists at the sites and takes the correct share size).

Wash your produce! The produce from the farm needs to be washed before consumption. Where needed, we will dunk the produce in our potable well water to remove the field heat (and increase the shelf-life), but by no means do we claim to provide you with produce ready to eat. This includes pre-bagged vegetables.

Farm visits: visit anytime, but respect some rules! All the food that is part of your share is grown here at the farm. Your working farm is truly a beautiful place to visit, and you can come anytime: no appointments necessary. Directions to the farm are at the end of this newsletter. When visiting the farm, please keep the following in mind:

- All our fences are electric. They keep the deer and groundhogs out, and touching the fence really hurts. Just ask Raymond.
- We are greatly dependent on our farm machinery, and most of it is very heavy and can move or fall over. Therefore, we don't allow climbing on our equipment (we have a pretty cool play fort and tire swing instead).
- You can walk by the fields, but please stay on the grass.
- Children need to be supervised at all times.
- We recently upgraded our irrigation system, and are now able to run it at 60 PSI. Please don't walk on our irrigation hoses.
- For insurance reasons, we cannot allow swimming or wading in the ponds.
- Dogs are only allowed on-leash. Clean-up after your dog.



This is not your farm crew, but members of our Family Farm 4-H Club harvesting pac choy in their garden at the farm.

In this week's full share:

Pac choy (bok choy): use fresh as a salad, stir-fry, or try the recipe (following) for crepes.

Lettuce: butterhead or green leaf

Arugola: a spicy green from the brassica family. Great as a salad with goat cheese, or as a pesto (see the recipe favorite in this newsletter)

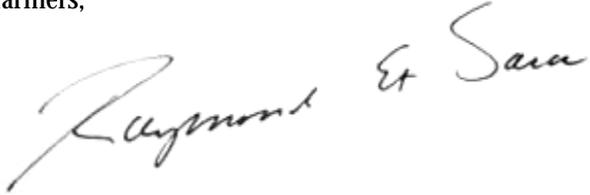
Garlic scallions: mild, baby garlic plants. Best cooked, but also good minced (use as regular garlic). Clean like you'd clean regular scallions.

Please note that Medium share members will be getting a variation on these items. We have planned for medium shares to get about half the produce over the season, by splitting crop portions, rotating others for half the time of Full shares, or by getting some crops (e.g., Pac choy), and not getting others (e.g., green cabbage).

U-Pick: Coming soon! Culinary herbs, flowers, a wide variety cherry tomatoes and more. We again expanded the U-pick, and will let you know in this newsletter when crops are ready. Harvesting in this garden is part of your CSA share, no additional payments necessary.

On-farm events for the 2014 season. Biggest event at the farm is without doubt our annual garlic harvest festival, which will take place either the third or fourth weekend of July depending on the maturity of the crop. This is a hands-on, fun for all event – ever harvested 24,000 heads of garlic?

Your farmers,



RECIPES

Sesame Crepes with Stir-Fried Pac Choy

This recipe has been adapted from Local Flavors by Deborah Madison. If you have a recipe to share, please send it our way (e-mail preferred). We'll hold onto recipes for vegetables harvested later in the season.

1 T sesame or peanut oil
1 T vegetable oil, plus extra for the pan
1 cup water
¾ cup milk
½ tsp salt
3 eggs
1 cup flour
¼ cup black or white sesame seeds

1 medium onion (or substitute some garlic scallions)
1 medium or 2 small head(s) Pac choy
salt to taste
2 T peanut oil, or other vegetable oil

To make the crepes, combine first 6 ingredients in a blender on high speed. Add the flour and blend briefly, then set aside. Toast the sesame seeds and set aside. Heat a 9" pan with a little vegetable oil, then add 1/3 cup batter and swirl it around the pan. Scatter some sesame seeds on top and cook until golden on the bottom, about one minute. Loosen the crepe, flip it over, and cook the other side until it's dry, then slide it onto a plate. Continue making all the crepes. Wrap the stacked crepes in foil and put in a warmed oven. Now sauté the finely chopped onion in the peanut oil until translucent. Chop the Pac choy stems into ¼" pieces, add to the onions and continue to cook until tender. Add chopped green tops and cook until just done. Season with salt to taste and put in serving dish. Each person can assemble their own crepe stuffed with the Pac choy stir fry. Enjoy.

Recipe: Arugula "Pesto"

This recipe comes from Recipes from America's Small Farms... Farmers, Chefs, and Members of Community Supported Agriculture Invite You to Share the Harvest. The chef "spreads it on crusty bread, mixes it with noodles, and adds it to sandwiches for a zing."

2 cups loosely packed arugula
¼ cup walnuts
1-2 Garlic scallion(s), chopped
2 T parmesan or Romano cheese, more to taste
Salt and freshly milled black pepper
¼ cup olive oil

Combine the arugula, walnuts, garlic, cheese, and salt and pepper to taste in a food processor and process until finely chopped. Gradually add the oil through the feed tube of the processor with the motor running, until the mixture is a smooth paste.



Directions to the farm: From Altamont: Follow Rte. 146 towards Gallupville. Approximately 10 miles out of Altamont, make a right on "Larry Hill". (*) Go up for ¼ mile (there is a blue sided house on your left). Just past the blue house, you'll find Fox Creek Farm Road on your left going in the woods. Follow this road to the end. From Rt. 443: Turn on 146 in Gallupville for approximately 2 miles. Make a left on "Larry Hill". Follow directions as above (starting at (*)).

From Schenectady: take Rt. 7 towards Duaneburg. At the light in Quaker Street, make a left on Darby Hill, then make your first right on Gallupville Road. When you cross the Schoharie/Schenectady County line, Gallupville Road turns into Larry Hill. Continue on Larry Hill until you can make a right on Fox Creek Farm Road. Follow to end (if you've gotten to Rt. 146 off Larry Hill, you have gone ¼ mile too far. Turn around and find Fox Creek Farm Road on your left).

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