



Newsletter, June 15 - 20, 2017

Volume 14, Issue 1

Farm News

What weather we've had this spring! We cannot remember an early season with so much cold, rain, and little sun. For our CSA members that pick up on Monday and Tuesday, sorry for the delay – the crops really needed the extra days of warmth and sunshine to catch up. Some vegetables, like water-sensitive spinach, have suffered from torrential rain. Overall, however, the crops are catching up.

Now that we started harvesting, get ready for 20 weeks of eating fresh, locally grown produce *from your farm!* We invite you to come and visit: as old members know, the farm is a beautiful place, and you can come anytime. No appointments necessary, but please keep in mind the following **farm visit rules**:

- Please drive slowly on our farm road. The sightlines are limited because of the woods. Slowing down avoids problems with other CSA members, or our horse and cart.
- All our fences are electric. They keep the deer out, and the horse and chickens in. Touching any of these fences really hurts. Just ask Raymond.
- Our farm machinery is 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.
- No swimming or wading in the ponds.
- Don't feed the horse, or enter the pasture.
- Dogs are only allowed on-leash only. Clean-up after your dog.

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.

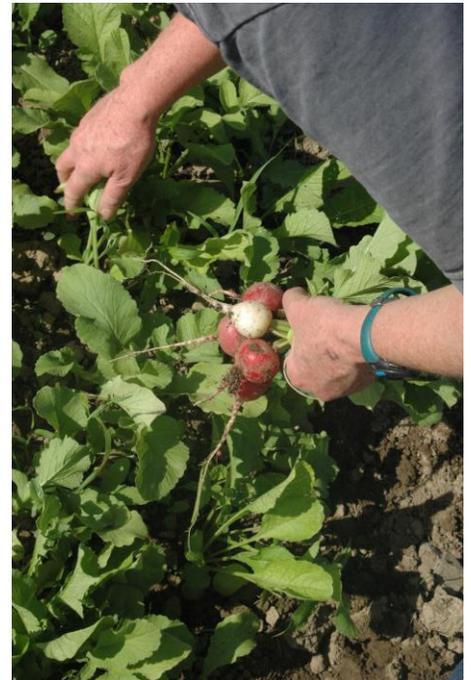
U-pick garden: the herbs, flowers and cherry tomatoes in the U-pick are planted, but they are not yet ready for harvest. We'll announce any crop ready for harvest in this newsletter.

Enjoy this first harvest, your farmers,

Raymond & Sara

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In this week's full share:

Mesclun salad mix

Butterhead Lettuce

Garlic scallions (substitute a clove of garlic for a garlic scallion, or use it as a garlic flavored spring onion)

Pac choi (a.k.a., Bok choy)

And in rotation:

**Summer squash, Radish,
Parsley, and Spinach**



Tex is Fox Creek Farms draft horse. Here helping with picking rocks!

Beans and Greens

We owe thanks to Jacqueline Diegel and Karl Westphal for this versatile, healthy and especially delicious recipe. If you haven't heard of the classic Italian Greens and Beans dish you'll want to try it. A meal in itself served with bread or over pasta.

1 T olive oil

1 onion, chopped

1 clove of garlic, mince

Or replace the onion and clove of garlic with a chopped bunch of garlic scallions!

2 cups chicken or vegetable broth, or water

1 lb. or more greens (pac choi, spinach, kale, Swiss chard, etc., or a combination of these)

2 cups cooked beans (cannellini, black-eyed peas, butter, etc.)

1/2 cup grated cheese (optional)

Sauté onion and garlic (or garlic scallions) in oil. Add broth, greens and beans. Simmer until greens are tender. Add salt and pepper to taste. Sprinkle with grated cheese if desired. (Serves 4).

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 1/4 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 1/4 mile too far. Turn around and find Fox Creek Farm Road on your left).