

Newsletter, June 16 – 19, 2015

Volume 12, Issue 2



Farm News

We hope you enjoyed last week's produce. We were glad to see many familiar, as well as, new faces at the pick-up sites. Many members said they were happy to "stop going to the supermarket" for their veggies. With the start of the shares comes a change in our weekly schedule, with more time spent harvesting and delivering the vegetables you love.

The regular rainfall that comes with normal North-Eastern weather patterns has also meant less dry soil for field work. Needless to say, we're making long days! Instead of "Making hay when the sun shines," we are weeding, thinning, tilling, cultivating, transplanting and seeding given any opportunity. With our dedicated farm crew, we've been able to keep up with our planting schedule – and the rain alleviates the work that comes from operating our irrigation system!

Who is behind the growing and harvesting of all this great produce this year? The full-time crew at Fox Creek Farm consists of your farmers, Sara and Raymond Luhrman (and our daughter, Johanna (9) who is helping more and more), as well as Angelica Solis Najera (back for her third season), Ana Clara Garcia Ramirez (back for her second season), and Perla Esmeralda Gallegos Solis. Part time help comes from Jean Forti (greenhouse and packing crew), Karin Savio (our substitute on-call workshare helper) and our driver Eric Kuck, as well as our workshare site helpers, Angela Stott, Regina Tilman, Karl Westphal, Cheryl Nechamen, and Lindsey DeKruif.

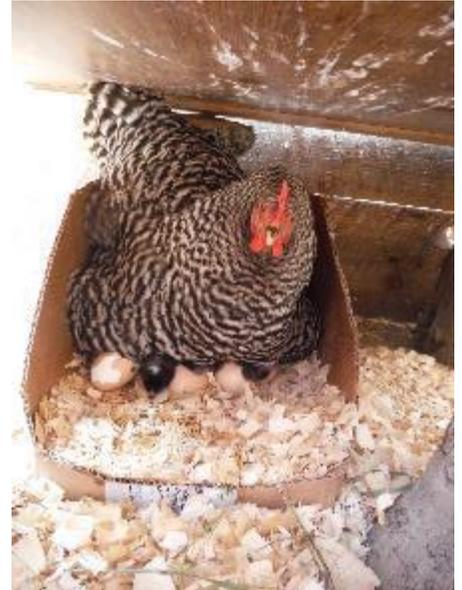
As you probably noticed, our core worker group is of Mexican origin. This is the 3rd year the farm is participating in the H2A program, as we are unable to find experienced farm workers locally or even regionally. The farm applies for the H2A program annually through the NYS Department of Labor, the US Department of Labor and the Office of Homeland Security. Despite all the paperwork and regulations, as well as high costs that come with the participation in the program, we are delighted to have our workers back – at this point it is the only way we are able to commit to growing produce for a 400 (+) member CSA!

On the issue of share content predictability: Some members have asked us to be more specific about the content of the shares than we have been in the newsletters. Unfortunately, we cannot. There are various reasons for this. Most importantly, we harvest our crops at their peak – which means that for example this week; we *may* be able to offer summer squash to some sites on Friday, but it depends on the weather. Also, when we started our CSA 12 years ago, we decided that we would give our members quantities of produce they can cook with. For example, when we start harvesting green beans, we'll have to rotate them to the sites. Add to those considerations that we currently have seven pick-up sites, with full and medium shares at each, and it makes it very hard (if not impossible) to make exact predictions of the content of each type of share at each site. That said, Sara keeps meticulous notes about the rotations – to assure that over the season every CSA member gets their fair share of the harvests. We hope your CSA share may take you on enjoyable culinary adventures!

Your farmers,

A handwritten signature in black ink that reads "Raymond & Sara".

Fox Creek Farm, c/o Sara and Raymond Luhrman, 182 Fox Creek Farm Road, Schoharie, NY 12157
Phone: (518) 872-2375 foxcreekfarmcsa@earthlink.net www.foxcreekfarmcsa.com



Pictures: Johanna's hen did a great job sitting, and now is the mother of 11 new chicks! Melons are on the way (but still got to do a lot of growing!)

FARM TOUR, SATURDAY, JUNE 27, 10:00 AM

We would like to invite you to the farm for our early season tour – meet your farmers, take a ride on the hay wagon, and see where and how we grow your produce! We'll start with a short Q&A in the barn at 10:00, and then continue for a ride around the farm at 10:15 – tour ends approximately at 11:00. Directions to the farm are at the end of this Newsletter.

In this week's full share:

Spinach
Green Leaf Lettuce
Arugula
Mesclun
Garlic scallions (a.k.a. green garlic)
Radishes

And in rotation:

Greenhouse Summer squash
Broccoli

Harvest notes:

Arugula can be eaten raw (as in salad), or *slightly* cooked (e.g., wilted on just boiled and drained pasta). See our early season pesto recipe below.

Garlic scallions (or green garlic) are immature garlic plants. Use them as you would use scallions (and expect a mild garlic flavor), or use it finely chopped as you would use a garlic clove.

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*. By now it is a Fox Creek Farm CSA classic – and we think a very nice way to eat arugula. Spreads it on crusty bread, mix it with noodles, or add 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).