



Newsletter, June 16 – June 20, 2016

Volume 13, Issue 2

Farm News

It's busy at the farm. Where we were two weeks ago just tilling, planting and weeding, right now we added to that two weekly harvests and CSA distributions. But we are getting back into the proverbial groove – or maybe we are doing something even a bit better, because as of the time of this writing, the farm looks pretty much top notch. All plantings are still on schedule, most weeds are not getting too big (either through intervention of our cultivator tractors, or the hand hoe), and best of all, the early shares of this season are coming out quite nice.

Farm tour, June 25: meet your farmers and other CSA members at our early season farm tour, Saturday June 25. Meet at the barn at 10:00. We'll hike around the farm, teach you about our farming practices, meet Johanna's chickens and get up close with Tex, our Percheron. This is a great opportunity to learn more about your farm!

Family Farm 4-H Club plant sale: As you may know, Fox Creek Farm is home to the Family Farm 4-H club. The club maintains a garden, and over the years, the kids have grown some awesome produce. On Thursday, June 16 they continue their fundraiser plant sale during CSA pick-up hours – if you are still looking for some plants to add to your garden, this is the last call!

Enjoy this week's harvest, your farmers,

Raymond & Sara

Fox Creek Farm, c/o Sara and Raymond Luhrman
182 Fox Creek Farm Road, Schoharie, NY 12157
(518) 872-2375

foxcreekfarmcsa@earthlink.net
www.foxcreekfarmcsa.com



In this week's full share:

Butterhead Lettuce
Mesclun salad mix
Arugula
Radish
Garlic scallions
Pac choy (a.k.a., Bok choy)

And in rotation to the sites as available;

Summer squash
Spinach
Edible-podded Snap Peas



Family Farm 4-H club plant sales continues Thursday, June 16

Recipe: Arugula “Pesto”

We found this recipe in a cookbook somewhere long ago, but by now we think we can call it a Fox Creek Farm classic. It's a very nice way to eat arugula, to our humble opinion. Spread 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.

Pictures (page 1): Our hightunnel full with summer squash. Cultivating cabbage. “You make hay when the sun shines”.

CSA shares: *we still have a number of CSA shares available for this season.
Tell a friend!*

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).