

Newsletter, June 18-21, 2013

Volume 10, Issue 2



Farm News

As you know, last week again brought us a lot of rain. We measured 2½ inches between Monday morning and Tuesday evening, followed by another 3½ inches between Wednesday and Saturday morning. That is 6 inches of water above all the other rain we had so far in June. With

all the rain of last week, we were not able to get in the fields with equipment. Our normally well-drained Lansing silty loam soils are saturated. Any new rain just runs down the hill. To give you an idea about the level of saturation, by last Monday, our new pond, which is about half of an acre, needed some three feet of more water to get to the overflow, and by Saturday, it was filled to capacity. And last Friday, some folks could not make it out to the farm to pick up their vegetables because flash flooding made roads impassible.

The very wet conditions made it impossible to seed or transplant during the past week. At this time, it is hard to foresee what the consequences of all this water on the farm will be – the lack of sun puts the plants in kind of a dormant stage, and it is to see when the sun comes back which plants are adversely affected by the excess of water.

In our last 10 years of farming, we've seen early season droughts. We've seen late season flooding (think about Irene, or the occasional August weeks of rain). But we have not seen this amount of rain at this time in the season. We started planting in the field by late March, because some crops simply take a long time to mature. If this excess of rain causes crop failure in these long term crops, we're simply too late to successfully replant – there's not enough growing season left for those vegetables to make it to harvest.

Based on our experience, we're sure to see some crops fail because of this adverse weather. At this time, it is unclear how much damage has been done. We are very disappointed – and for sure hope to be able to write a more optimistic newsletter next week. Let's hope for an extended period of nice dry growing weather, so we can get a feel for what is going on with the crops, and get replanting what we can to make up for those losses, and make adjustments to the remainder of our planting schedule where possible – where needed by expanding upcoming plantings, and planting more short-term crops.

About this week's share: Full share members will receive Pac choi, lettuce and garlic scallions. We are rotating the first radish, along with spinach, arugula and edible-podded peas. Pac choi (a.k.a., bok choy) can be used fresh as salad or cooked, like in stir-fry. Please note that our produce cooks *very* quickly because it is so fresh (recipe cooking times often have to be cut in half). 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 choi), and not getting others (e.g., green cabbage).

With wishes for an extended period of dry and excellent growing weather,

Your farmers,

A handwritten signature in cursive script that reads "Raymond & Sara".

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



Pictures: last Thursday at the farm (top). Pond overflow running hard (center). Very wet field (bottom)

Farm Tour, Saturday June 29, 4:00 to 5:00 PM

Any questions about our vegetable production? Curious how your farm looks? We invite you to tour the farm with us on Saturday, June 29. Our tour starts at 4:00 and will take about one hour. A great opportunity to meet your farmers and learn what our small family farm is all about.

RECIPE: Pac choi and Pork Soup

This recipe has been adopted from bbcgoodfood.com.
Something to warm you up during these wet cool nights.

- 1 lb. pork tenderloins, cut into long thin strips (or other tender pork)
- 2 ½ cups chicken stock
- 1 tbsp soy sauce
- 2 tsp Chinese five-spice powder (optional)
- About 1 inch of ginger, peeled and cut into matchsticks
- ½ lb. Pac choi, stems cubed or sliced thin like celery, and leaf greens chopped
- 1 red chili, deseeded and finely chopped or 1 tsp chilli flakes
- bunch scallions, whites and greens sliced separately

Put all the ingredients, except the scallion greens, into a large saucepan, put the lid on and bring to a gentle simmer. Cook, without boiling, for about 8 mins, until the pork has changed color and vegetables are cooked, but still a bit crunchy. Ladle into bowls, scatter with the scallion greens and serve with rice or noodles on the side. (Serves 2)

Farm visits: Please feel free to come and visit your farm! We have an ‘open door policy’: you can come anytime, no calls necessary. Come and see your beautiful farm – but please acknowledge the following rules for you and your guests: Stay clear of the electric fences; remain out of the planted fields; no swimming in the ponds; supervise children; no climbing on equipment or woodpiles; lastly, due to our livestock, dogs need to be on a leash (and you need to clean up after your dog).

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 Duanesburg. 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).



Sunset after thunderstorm, Monday 6/17 (picture by Johanna).