



Newsletter, June 29 – July 5, 2017

Volume 14, Issue 3

Farm News

Thank you to everyone who came out for the tour last Saturday. It's always rewarding to show off our farm and work. We encourage you all to come and visit the farm. It is truly a beautiful place ... and in other couple of weeks we'll have some of the first crops ready for harvest in the U-pick garden!

Events at the farm: a membership in our CSA can easily go beyond enjoying the high quality, fresh produce we harvest. For this season, we are again planning our Garlic Harvest Festival (most likely, the last Saturday in July), which is a hands-on, get dirty work party so we can get all our 32,000 heads of garlic in the barn on time. We'll have another work party to get the garlic clipped, cleaned and graded by the end of August/early September. In the fall, we'll host another farm tour. And as mentioned before, the U-pick will soon be an ongoing reason to make the trip out to Gallupville.

As we feel an importance of exposing inner city youth to the farm, we'll again host a farm visit for Schenectady Inner City Ministry's Camp Steinmetz in July, and in early August, we expect a group of middle schoolers from a drop-out prevention program to make a trip to the farm, too. You see, we're taking the idea of Community Supported Agriculture in many different directions!

Missed shares & food donations: all shares that are not picked up by 6:00 PM are being donated to hunger relief efforts. We work with volunteers from Capital Roots' Squash Hunger Program, local churches, and the Homeless Action Committee to find a very good purpose for left-overs. That also means that by 6:00 PM the shares are gone. If you cannot make it on time, remember that you can always send someone else to pick up your share. We are sorry, but we are not able to make up for missed shares – as that would be unfair to the other CSA members.

Happy 4th of July! We will be delivering on Monday, July 3 (for our Delmar, SUNY, and HWFC sites). We will not make deliveries on Tuesday July 4. Instead, we will be in Tricentennial Park on Wednesday, July 5 (4:00 – 6:00 PM). And our Thursday deliveries (July 6) go on as usual.

Enjoy this week's harvest, your farmers,

Raymond & Sara

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In this week's full share:

Lettuce
Mesclun salad mix
Garlic scapes

And in rotation to the sites as available;

Greenhouse Summer squash
Spinach
Edible-podded Snap Peas
Radish
Pac choy (a.k.a., Bok choy)
Broccoli
Parsley



What? Garlic scapes?

If you are new to our CSA, the curly flower tops of garlic (aka garlic scapes) may entice your curiosity. Garlic scapes are garlicky, so can be substituted for garlic cloves in recipes, but their unique flavor allows for them to be enjoyed all on their own as well. Here are some suggestions to use garlic scapes:

1. Whirl them into pesto and use it on everything from pizza to sandwiches to pasta.
2. Throw them on the grill until they're nice and charred and finish with a drizzle of lemon juice.
3. Whisk a finely chopped stalk into a homemade salad dressing.
4. Chop them up finely, sauté, and add to a frittata.
5. Swap out garlic cloves for a few stalks when making hummus.
6. Make garlic scape butter by mixing minced scapes into softened butter. Enjoy with a fresh baguette!
7. Or use it as a fashion statement like Logan did!



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).