



# Newsletter, June 30 – July 5, 2016

Volume 13, Issue 4

## Farm News

Thanks to everyone who came out for the farm tour last Saturday. It is always so much fun to show the farm to an interested crowd!

During the tour we talked a bit about farm planning, and compared to our plans we started our CSA season with 20% less CSA members than we expected. That means a lot of extra produce in the field. Over the last weeks we have been working on establishing a relationship with a vendor at Chelsea Market in New York City. And this week, we've shipped our first boxes to the Big Apple!

**Farming practices, continued: soil fertility.** We believe that great crops start with great soils. Most of our farm is on silty loam, which is inbetween sand and clay. Silty loam drains well, but also retains moisture.

To maintain soil fertility, we use cover crops, composted manures, crop rotations, and annual fallows. We grow small grains and grasses (oats, buckwheat, Sorghum-Sudan grass, and rye, primarily), and legumes (red clover, peas) for cover crops. Those crops are not grown for harvest, but to be put back in the soil. This increases the organic matter in the soil, and the legumes provide nitrogen. Through decomposition of the organic matter, nitrogen will be released to the vegetable crops as well.

To give the vegetable crop a boost particularly in the early season when the biological soil processes are still 'warming up', the composted manures provide some nitrogen and other essential nutrients, as well as organic matter.

We rotate our crop groups over the farm. They all have different nutrient needs, and by rotating the crops we prevent long-term nutrient deficiencies (which would be hard to fix quickly when using organic growing practices).

At this time, 1/3 of the tillable acreage on the farm is annual fallow. That means that those soils are not used for vegetable production, but rather grow long term cover crops. As tillage of the soil does to some extent damage the physical soil structure, an annual fallow gives the soils an opportunity to rejuvenate, while the cover crops protect the soils from erosion, and provide a source of organic matter and nitrogen.

**Please mark your calendars: Independence Day – Pick up your share TUESDAY JULY 5!** If you pick up your CSA share on Monday, please mark your calendar for a one-time change of pick-up day. There will be no pick-up on the 4<sup>th</sup> of July. Instead, we'll be at the sites on Tuesday, July 5 (same time as usual).

Enjoy this week's harvest, your farmers,

*Raymond & Sara*



**In this week's full share:**

**Lettuce  
Mesclun salad mix  
Garlic Scapes**

*And in rotation to the sites as available;*

**Broccoli  
Arugula  
Radish  
Summer squash  
Spinach  
Edible-podded Snap Peas  
Kale  
Swiss Chard**



*Pictures (page 1): Last Saturday's farm tour. Garlic scapes. One of the vistas on the farm. This page: we're harvesting broccoli!*

If you have **a recipe to share** for our newsletter, please email it to [foxcreekfarmcsa@earthlink.net](mailto:foxcreekfarmcsa@earthlink.net)

**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).



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

[foxcreekfarmcsa@earthlink.net](mailto:foxcreekfarmcsa@earthlink.net)  
[www.foxcreekfarmcsa.com](http://www.foxcreekfarmcsa.com)