

# Newsletter, July 1 – 3 (4), 2014

Volume 11, Issue 4



## Farm News

For those of you who attended the farm tour: the newly planted cover crops are already up and growing very fast, and the cows are back to being their normal selves, munching the pasture or laying in the shade. Thank you

for coming!

Everything is still growing as expected – albeit the peas are exceeding our expectations in taste, quality and ease of picking. Our longer season crops like the potatoes and sweet corn are benefiting from the warm and moist weather, and are looking very promising at this point. We're very curious to see what those crops will yield this season.

Our farm crew will be missing Jean probably for the remainder of the season. She was diagnosed with liver cancer, and this week's surgery will hopefully take care of this great problem. Jean is not only a great person and worker, but also Sara's sister (and thus Raymonds' sister-in-law). We're truly looking forward to seeing her back at the farm!

And we repeat: The 4<sup>th</sup> of July is on Friday ... So there's *no pick-up on Friday, July 4<sup>th</sup>, but instead on Thursday, July 3<sup>d</sup>* (with the next pick-up again as scheduled on Friday, July 11<sup>th</sup>).

U-pick: during the farm tour on the 28<sup>th</sup>, we officially opened the U-pick for the season. As you know, the U-pick is part of your CSA share, and you can visit anytime. Currently, some culinary herbs are available to harvest for the CSA membership. These include cilantro, summer savory, chives, parsley, oregano, sage, basil, marjoram, thyme and leaf fennel. There are also scallions and the flowers are just starting to bloom. We're awaiting the wide selection of cherry tomatoes, and will keep you informed. Please follow the harvesting instructions, which you can find at the harvest box in the garden (and please, don't harvest from the Family Farm 4-H club garden, behind the CSA U-pick).

Enjoy this week's harvest and the Independence Day weekend!

Your farmers,

*Raymond Et Sara*

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Top: Visiting a part of the new land we've added to the farm for the 2014 growing season during the farm tour – extending our crop rotations and fallows. Center: Sara introducing succession planting. Bottom: Sarah and Johanna (both members of the Family Farm 4-H club) picking cucumber beetles.

And on the next page: introducing Johanna's Rhode Island Red laying flock.

## In this week's full share:

**Mesclun:** our signature 'spring salad mix', with baby lettuce, mizuna, kale, arugula, tatsoi and red giant mustard  
**Garlic Scapes:** the mild and tasty flower of the garlic. Break off both ends where it snaps as you would asparagus. Use as garlic, one scape = about one clove. Grill whole, chop and put in pasta sauce, or mince to add to salad dressing raw.

**Edible-Podded Peas:** the name says it all! And they are very edible, indeed. Eat raw or cook for a very short time, as with all our fresh vegetables.

### And in rotation:

**Arugula:** Use straight in salad with a fruit- based dressing like raspberry vinaigrette, wilt in cooked pasta, or try our previous recipe for arugula pesto  
**Parsley**  
**Spinach**

**Kale:** try sautéed with bacon and onion, in almost any soup, or sliced thin in salad

**Swiss Chard:** braise with garlic and olive oil or steam and splash a little vinegar on it

**Broccoli:** summer broccoli is best cooked

Please note that Medium share members will be getting a variation on these items.



### Calendar of on-farm events, 2014

Third or fourth weekend of July, Saturday and Sunday	<u>Annual Garlic Harvest Festival.</u> This is a hands-on, fun for all event – ever harvested 24,000 heads of garlic? Exact date depends on the maturity of the crop.
Saturday, August 30	<u>Garlic work party.</u> By this time, the garlic should be dry and ready to be clipped, graded and cleaned. Another fun, sit-down, hands-on event.
Mid to late September	Farm tour event – come see how the farm looks just ahead of fall. Details to follow.

## Recipe: Garlic Scapes with Grass Fed Beef and Tamari

Raymond put together a dish with garlic scapes and grass-fed beef. After stewing, the garlic scapes will get a very soft, green bean like texture.

Stew beef, approximately 1 pound, cut into bite-size pieces

Garlic scapes, cut in 1-2" pieces (discard the tops and the very ends, only)

4 Tablespoons olive oil

2 Tablespoons of lemon juice (vinegar will do, too)

1 Tablespoon peanut butter, optional

2 Tablespoons (or to taste) tamari

1 Tablespoon sugar

Pepper to taste

Heat the oil, and brown the beef. Add the garlic scapes, tamari, lemon juice and sugar. Stew covered until tender, stirring often (check moisture and when needed add some water). Flavor with peanut butter and pepper if desired. Serve with rice (Serves at least 4).

## Recipe: Pizza dough from scratch

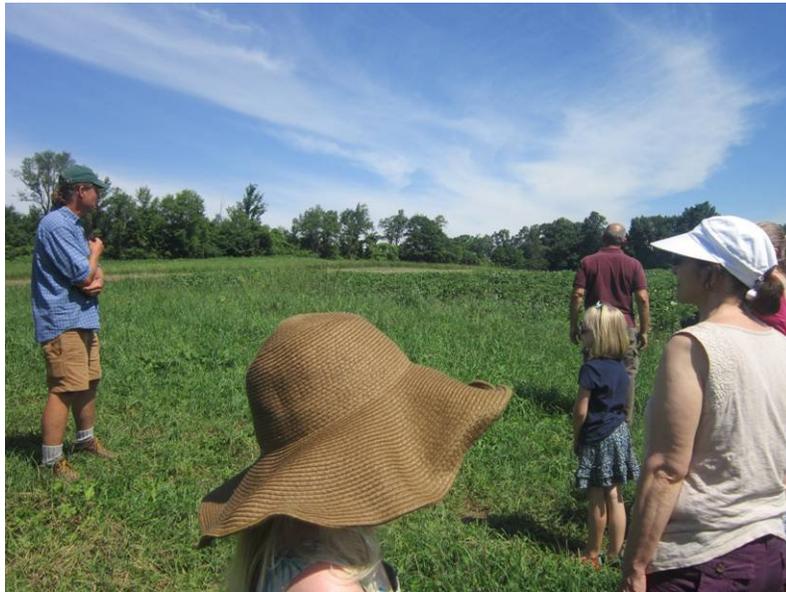
With all the great cooking greens, there's no reason not to try them as a pizza topping. Almost anything goes. We've been having good luck with some sautéed onions, garlic (garlic scapes!), wilted spinach or chard and a wide combination of cheeses (some Mozzarella, Cheddar, and good blue cheese, Parmesan). Salt and pepper to taste. Top the pizza dough, bake for 15-20 minutes in a 450 °F oven until crisp and light brown, et voila!

For the dough:

1 ½ tsp. dry yeast  
1 Tsp. sugar  
1 cup wrist warm water

1 ½ tsp. salt  
2 ½ to 3 cups flour (just white, or up to 50% whole wheat)

Soften the dry yeast in the wrist warm water with the sugar (the water needs to be wrist warm, if not, the yeast will not make the dough rise). Add the salt and the flour. Knead for 10-15 minutes, or until the dough feels 'alive' and bouncy. Cover the dough and set in a warm place to rise for about 1 hour. It should about double in size. After the dough has risen, punch it down and roll it out to about ¼ inch thickness. Place on oiled oven tray, top with the filling (that you could prepare while the dough is rising), and bake for 15-20 minutes in a 450 °F oven (adapted from "The Moosewood Cookbook", Mollie Katzen, 1977).



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).