

# Newsletter, July 9 – 13, 2013

Volume 10, Issue 5



## Farm News

Late last week the fields finally dried up enough to start planting and irrigating. So by Saturday evening, we were able to look at another acre planted. And while we were planting, our friend Karl Westphal fired up his equipment to help us spread compost on the next field to be put into production this season. If anyone had the idea that farming in the age of global climate change is anything of a leisurely activity, such thought would be debunked rather quickly by looking at the frantic pace of the work this weekend. In this newsletter we share some pictures of our efforts to prepare soil and plant in these dry periods.

Obviously, the weather keeps a tight grip on our farming operation – Sunday morning we were caught by a surprise thunder storm, and by Sunday night, a very slow moving storm system dumped two inches of water. Oh, how we are looking forward to some normalcy in the weather!

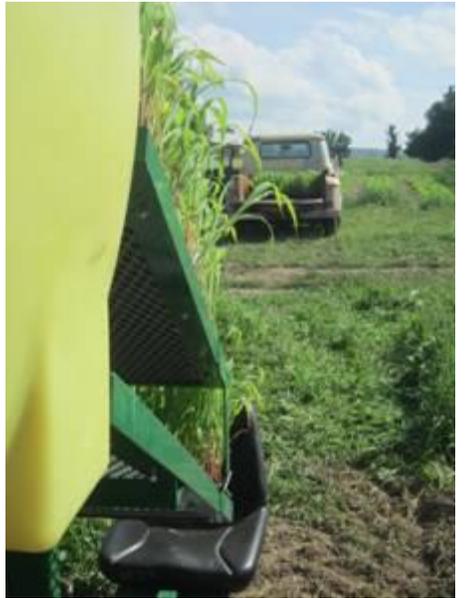
**11<sup>th</sup> Garlic Harvest Festival - TBA:** Despite the weather (or maybe because of the weather), most of our crops are growing nicely, including the garlic. The festival will take place either the weekend of the 20<sup>th</sup> and 21<sup>st</sup>, or the 27<sup>th</sup> and 28<sup>th</sup> of July, depending on the maturity of the crop. Come for the day, or for a couple of hours – we'll be harvesting in the fields in the morning, have a potluck lunch, and get the harvested garlic tied and in our drying shed in the afternoon. We'll provide for a mid-morning snack, coffee and tea – you bring a dish to share, table settings, and your favorite beverages. As many of you know, this is a fun, hands-on farm experience – and above that, we barter cured garlic in exchange for your help!

**About this week's share:** Full share members will receive garlic scapes, lettuce, mesclun mix and pac choi. We are rotating edible-podded peas, parsley and summer squash. These more mature Garlic Scallions should be trimmed much like asparagus, where they snap easily (about 6" from the bottom), and the flower should be discarded. Again, they can be used wherever you use garlic, raw or cooked, but are much milder (you can even grill them). Due to the excessively hot weather, the Pac choi has aphids and individual leaves must be wiped off. As always, medium share members will be getting a variation on these items.

Your farmers,

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### Fox Creek Farm CSA U-Pick: *Ready to harvest*

Thyme	Chervil
Oregano	Basil
Garlic chives	Marjoram
Cilantro	Parsley
Leaf fennel	Savory
Flowers!!!	

*Harvesting in the U-pick garden is part of your CSA share – come anytime!*

Pictures: Jean,  
Teresa and  
Angelica  
packing peas  
(top) –

## Crunchy Oriental Slaw

Remember Ellen McHale for this recipe from the “Cookbook for the Hungry”. She used Pac choi in lieu of cabbage, and says “It has been a big hit! It's fast and easy and also seems to keep well for the next day.” **Please share your favorite recipes.** (Note: emailed recipes, not websites, preferred due to our slow internet connection).

- 1 large head of cabbage, chopped (we use one whole pac choi)
- 5 green onions, chopped
- 1/4 cup butter
- 2 packages of ramen noodles
- 1/4 cup sesame seeds
- 1/4 cup slivered almonds

### Dressing:

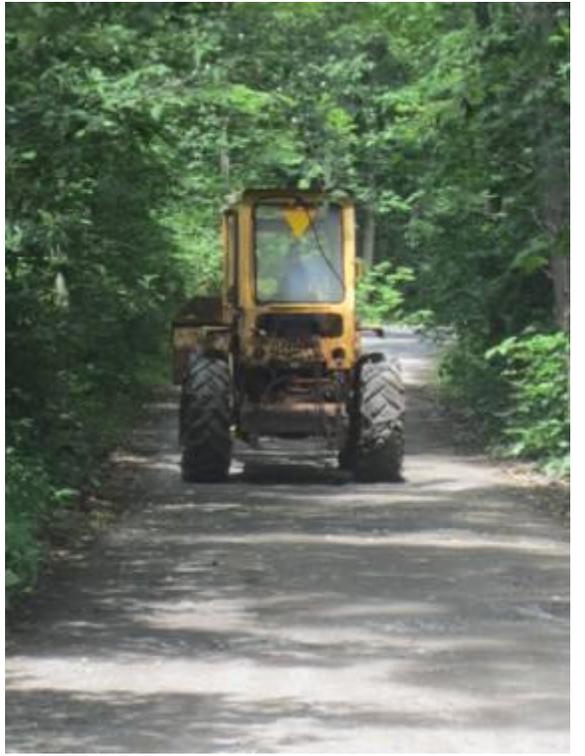
- 1 cup oil
- 1/2 cup sugar
- 1/2 cup vinegar
- 1 tablespoon soy sauce

1. Combine cabbage and onions, chill.
2. Melt butter in saucepan and stir in noodles, broken into tiny shreds. (I put them in a ziploc bag and then crushed them by stepping on the bag.) Add sesame seeds and almonds and stir until light brown. Remove from the pan and cool to room temperature.
3. Mix the dressing and chill. Just before serving, in a large bowl, toss noodles and dressing into the cabbage mixture.

**Farm visits:** Please feel free to come and visit your farm and enjoy the free CSA member U-Pick! 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 1/4 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 1/4 mile too far. Turn around and find Fox Creek Farm Road on your left).



Pictures (front): Karl hauling compost – ready to transplant corn – Angelica planting kale. (Back) Transplanting corn – “Getting the loader” – Teresa planting corn. *Most pictures by Johanna*