



Newsletter, July 14-17, 2015

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Farm News

2015 Garlic Harvest Festival, Saturday, July 25, and Sunday, July 26 “Rain or Shine”

In October, we planted some 23,000 garlic cloves ... and by the end of this month they are ready to harvest! To meet the challenge of getting all the garlic out of the ground and drying in the barn at its prime we could use your help. This is a great hands-on event. We'll have jobs for everyone!

We'll start on Saturday at 8:30 AM, and go to 5:00 PM. We provide for the mid-morning snack, coffee, and tea. The morning work plan is to pull garlic out in the field. Around 12:30, we'll break for the potluck lunch. Bring a dish to share, some place settings, your own beverage, and enjoy great cookery of other CSA members. In the afternoon, we'll tie the garlic in bunches in the barn to hang it to cure.

We continue the harvest on Sunday, starting at 9:00 AM until done ... same mid-morning break and potluck lunch, but hopefully ending around 2:00.

This is truly a fun, hands-on event – if it is not to witness the amazing amount of work a group of people can do in a limited time, than come for the potluck lunch – did we tell you yet about the garlic barter? We trade cured garlic in exchange for your help!

If you come, don't forget to bring sturdy shoes – due to our crop rotations, it's quite a hike from the barn to the garlic. And if you are packing anyways, bring a water bottle, too. Gloves also make tying the bunches much easier!

Planting, planting, fallows and soil health ... As you may know, last year we purchased another 22 acres of land adjacent to the existing fields, 8 acres of which we fenced in the spring for vegetable production. The extra land gives us the opportunity to let more of our production acreage sit fallow. Fallows help to 'confuse' the cycles of pests and weeds and maintain soil fertility, giving us a great advantage growing produce in future years.

We manage the fallowed land with cover crops – and after seeding another 3 acres this weekend, we are approaching the 2/3 production, 1/3 fallow ratio we think will keep our soils healthy and productive for many years to come.

U-pick & farm visits: The farm and U-pick are looking beautiful right now, and more people have been taking advantage of the opportunity to visit the farm. The farm is open 7 days a week, from dusk to dawn (and right now that is almost '24 hours a day'). The U-pick has an increasing variety of culinary herbs and flowers ready to pick. Please follow the harvesting instructions, which you can find at the harvest box in the garden. As you know, harvesting in the U-pick is part of your CSA share – there's no additional charge.

Enjoy this week's harvest,

Your farmers,

Raymond & Sara



Johanna's chicks are growing, and are in and out of the brooder (more on our Facebook page). Below, we listened, and are experimenting with sweet potatoes! Let's see what that will bring around the end of the season.

In this week's full share:

Red Beets with Tops
Red Oakleaf Lettuce
"Tendersweet" Cabbage
Greenhouse summer squash

And in rotation:

Green Beans
Parsley
Scallions
Nantes Carrots
Broccoli



In the CSA U-Pick garden:

Cilantro
Oregano
Thyme
Chives
Sage
Parsley
Leaf Fennel
Scallions
Dill

And some flowers

Recipe: Borscht

The following is a very liberal interpretation of a recipe by Katzen (Moosewood Cookbook, M. Katzen, 1977), and makes 4-5 servings.

2 Tbs. Butter	2 tsp salt
1.5 cups chopped onion	black pepper
2 cups thinly sliced potato	1/4 tsp dill weed
2 cups peeled and thinly sliced beets	1 Tsp + 1 tsp cider vinegar
1 large, sliced carrot (optional)	1 Tsp + 1 tsp honey (or sugar)
2 cups chopped cabbage or beet tops	1 cup tomato purée
4 cups beef or chicken stock (or water)	some chopped parsley

Place potatoes, beets, and stock (or water) in a saucepan, and cook until everything is tender (save the stock). Begin cooking the onions in the butter in a large kettle. Add salt. Cook until onion is translucent, and then add carrots (optional). Add stock from beets and potatoes and cook, covered until the carrots are tender. Add potatoes, beets, and all remaining ingredients. Cover and simmer slowly for at least 30 minutes. Taste to correct seasoning. Serve topped with sour cream, extra dill weed and/or chopped fresh tomatoes.

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 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 1/4 mile too far. Turn around and find Fox Creek Farm Road on your left)

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