

# Newsletter, July 23 – 26, 2013

Volume 10, Issue 7



## Farm News

You will not believe what an ample supply of water and very high temperatures does to established vegetables! In our 4-H garden yesterday, we measured one foot of growth in a cherry tomato plant in just one week. We've started to harvest some tomatoes and eggplant. After this prolonged heat spell, the summer harvest season is definitely here.

### 11<sup>th</sup> Garlic Harvest Festival: THIS WEEKEND, July 27-28

The garlic is ready! We are harvesting the 2013 garlic crop this weekend, July 27 and 28. This is a fun, old-fashioned, hands-on farm work party for everyone – your chance of getting a feel for farm work. Both days, we'll start at 9:00 AM, with a snack break around 10:45, and an outstanding potluck lunch about 12:30 PM. On Saturday, we will tie the last bunch at 5:00 PM – on Sunday we'll go until the work is done. Come as fits you: for the day, or for a couple of hours – and don't forget to enjoy the U-pick while you are here!

We hope you come – last fall we planted about 25,000 cloves of garlic, and all of them have to come out of the ground, be moved from our trucks to the barn, where we gather the garlic in bundles of 10 (2,500 bundles, that is). Then we tie the bundles (we use the clove hitch and a half hitch, and we will try to teach you these knots), make strings of 5 bundles (now we're down to a more manageable 500 strings), and hang those to dry in the shed behind our old barn, and on the floor joists of the new barn. And even if you divide those numbers over the two days, there's still lots of work – *and* lots of fun.

We'll provide for the mid-morning snack, coffee and tea – please bring a dish to share for the potluck lunch, your favorite beverages, and place settings. Don't forget to bring clothes that you don't mind getting "a little" dirty – and if you want to try tying bunches, you may want to drop a pair of gloves in your bag, too. And remember: we barter cured garlic for your help!

***We are looking forward to seeing you! This is a rain-or-shine event.***

**About this week's share:** Full share members will receive Nantes carrots, lettuce, summer squash, green beans and either beets with tops or Swiss chard. We are rotating parsley and basil (it's pesto time!), cilantro, cucumbers and our first tomatoes, eggplant and hot pepper. As always, medium share members will be getting a variation on these items.

Your farmers,

A handwritten signature in black ink that reads "Raymond &amp; Sara". The signature is written in a cursive, flowing style.

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

Thyme	Basil
Oregano	Chervil
Garlic chives	Marjoram
Cilantro	Parsley
Leaf fennel	Savory
Flowers	Sunflowers
Sage	Scallions

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

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

## Zucchini-Crusted Pizza

In our copy of the Moosewood Restaurant Cookbook by Mollie Katzen – lots of outstanding vegetarian dishes, we think, and while looking for a recipe for pizza dough, we came across this zucchini-crusted feast, synchronized with the start of the summer squash season! Best of all, this pizza base is delicious, and topped with fresh tomatoes, pesto and more mozzarella it's quite extraordinary.

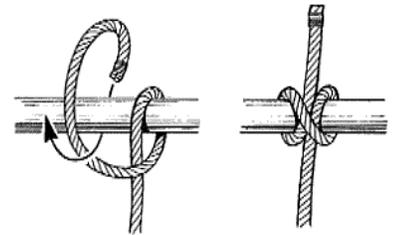
Ingredients (for the pizza base):

- olive oil for the pan
- 3 C. (packed) grated zucchini
- 2 eggs beaten
- 1/4 C. flour
- 1/2 C. grated mozzarella
- 1/2 C. grated fresh parmesan
- Optional: 1 clove minced garlic, a couple of finely chopped fresh basil leaves

### TOPPING SUGGESTIONS:

Tomato, sliced; Mozzarella; Pesto (combine basil, parsley, olive oil, garlic, nuts, parmesan and salt and pepper to taste in blender), finely sliced green onion (or whatever you would like on your pizza)

1. Preheat oven to 400.
2. Combine zucchini, eggs, flour, mozzarella, parmesan, and herbs in a bowl & mix well.
3. Spread into a 9 x 13 inch greased pan & bake for 30 minutes, or until golden brown. Remove from oven
4. Top with your favorite pizza items and bake at 400 until heated through (about 10 min.)



**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 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).

*Pictures (front): Washing the first carrots of this CSA season – from the archives: garlic harvest 2012 – loading the truck, tying bunches. (Back) Gathering garlic after digging (we now have a digger, so the pitchforks will stay in the shed) – Clove hitch illustration: we use this knot to tie the bunches ... give it a try! – The U-pick looks great: come and visit!*