



# Newsletter, July 27-Aug. 1, 2017

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## Farm News

On Wednesday, July 26, your farm and farmers welcomed the campers from Camp Steinmetz. Many of the Schenectady inner city kids had never visited a farm before, and greatly enjoyed the hay wagon ride. They harvested for a very fresh salad, and cooked their lunch over an open fire. We're pretty sure they left with many stories to bring home!

**Garlic harvest party, Saturday, July 29.** This year's garlic crop really needs to come out of the ground, and we are hoping you are willing to give us a hand! We'll start harvesting around 8:30 AM, and continue until the potluck lunch around 12:30. After lunch, we'll tie, bunch, and hang the garlic to dry in the shed next to our main barn. Come all or part of the day.

This is a great event to get your hands in the dirt, enjoy excellent food at the potluck lunch, and get amazed by how much work a group of people can do in a short amount of time. Please bring a dish to share and some place setting.

Our garlic harvest parties are truly fun for everyone – we have jobs for all age groups! And best of all, we barter cured garlic for your help!

**Weather, U-pick, and other closing thoughts:** While we should be in high summer, night temperatures at the farm have dropped well below the 60-ies this week. It's leaving your farmers 'profoundly confused', as it is yet another odd weather event in this growing season. Our 90-year-old neighbor concurs with us that we are experiencing a rather unusual summer!

The U-pick is looking beautiful. The flowers are looking fabulous, herbs are abundant, and the cherry tomatoes are almost ripe ("hold your horses" for another week or so for that one, Johanna says). And although the weather makes some crops come in later than expected, we are happy to see that we're able to share with you yet another nice harvest.

Enjoy this week's share, your farmers,

*Raymond Et Sara*

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## In this week's full share:

Lettuce  
Fresh Garlic

*And* in rotation to the sites as available;

Tendersweet Cabbage, Beets with tops, Swiss Chard, Summer squash, Scallions, Cucumber, Bell Pepper, Kale, 1<sup>st</sup> Eggplant, Basil and Parsley, Cilantro, Hot Pepper



We had a lot of fun with the Camp Steinmetz kids visiting the farm this week. Johanna showed them her chickens – and they harvested some carrots!

## Recipe: Low-Fat Zucchini Bread

From one of our CSA members at our new Tricentennial Park pick-up site:

### Ingredients:

1 ½ lb. zucchini grated and squeezed dry	1 ½ cup whole wheat flour
1 ¼ cup brown sugar	1 tsp cinnamon
¼ cup oil	½ tsp salt
2 eggs	1 tsp baking soda
1 tsp vanilla	1 tsp baking powder
	¼ tsp nutmeg
	¾ cup toasted chopped walnuts

### Directions:

Mix all ingredients.

Oil 2 loaf pans and fill with mixture.

Sprinkle 1 Tsp sugar on top and bake at 325 °F for 65-70 minutes until toothpick comes out clean

**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).