



Newsletter, July 29 – Aug. 1, 2014

Volume 11, Issue 8

Farm News

Thank you very much to everyone who came out to help with the garlic harvest. Wonderful weather, hardworking crowd ... so we picked, loaded, bunched and hung

the 2014 crop in a record time, beating our expectations (even with a long, excellent lunch)! We're looking forward to seeing you all back again at the farm late August, after the crop has cured. Watch this newsletter for the announcements.

Tomatoes and late blight ... over the past years we've been experimenting with growing all our tomatoes under cover in hightunnels, and found that leaf mold is a problem that really sets back non-resistant varieties (i.e. the heirloom tomatoes). Although the tunnels really help with late blight prevention, leaf mold is a persistent issue. This year we moved the heirlooms back outside, which brings the risk of late blight (recently identified in Columbia County). For organic growers, copper is approved as a fungicide for nightshades. As we don't like to risk our crop to late blight, we've been preventatively spraying copper, and you may see a slight blue-ish hue on your heirloom tomatoes, which simply washes off.

Tomato:	Sprayed with copper?	Wash?
Red slicer	No	Recommended
Heirlooms	Yes	Recommended
Saladette tomato (new)	Yes	Recommended
U-pick cherry tomato	No	Recommended

We hope you're enjoying the summer – this season surely is shaping up nicely so far, as the recent harvests show!

Your farmers,

Raymond Et Sara

Fox Creek Farm, c/o Sara and Raymond Luhrman
182 Fox Creek Farm Road, Schoharie, NY 12157
Phone: (518) 872-2375 foxcreekfarmcsa@earthlink.net
www.foxcreekfarmcsa.com



In this week's full share:

Carrots
Summer Squash.
Lettuce
Fresh Garlic
Cucumbers

And in rotation:

Kale
Swiss Chard
Basil and Parsley
Green Beans
Eggplant
Bell Pepper
Broccoli: Be sure to cook mid-summer broccoli
Tomatoes: includes red saladette type good raw or cooked

What's ready in the U-Pick:

Cilantro
Summer savory
Chives
Parsley
Oregano
Sage
Basil
Marjoram
Thyme
Leaf fennel
Scallions
Flowers
Sunflowers
Dill
Cutting (soup) celery
Hot Peppers

Recipe: Creamy Spice Market Kale

This recipe is from Kelly Beers, one of our CSA members. She highly recommends this kale dish!

1 large bunch of kale (or other sturdy leafy greens)
2 tsp of Ras el Hanout (recipe follows)
2 cloves of fresh garlic, crushed (about 2 tsp)
Pinch of salt
1 tsp coconut oil
1/2 cup of coconut milk

Wash greens and remove tough stems; roughly chop or tear the leaves. Unlike salad greens, you want to let a little water cling to tough braising greens. The water droplets turn to steam in the pan and tenderize the leaves. Heat a large skillet over med/high heat, then toss in about half the greens. Stir them with a wooden spoon until they begin to wilt, then add the rest of the greens. Stir, then cover with a lid.

In a small bowl, mix the Ras el Hanout, garlic and salt with a fork.

When the leaves are dark green and beginning to wilt, remove the lid and let any remaining water evaporate. When the pan is mostly dry, push the leaves to the side and add the coconut oil. Let the oil heat, then pour the spices directly into the pool of oil to release their fragrance (and flavor), about 20 seconds.

Pour the coconut milk into the pan stirring to combine the greens, seasonings, and milk. Sauté until sauce begins to thicken and your nose is delighted by the aroma.

Recipe for the Ras el Hanout:

2 tsp salt	2 tsp ground cumin
2 tsp powdered ginger	2 tsp ground black pepper
1-1/2 tsp ground cinnamon	1 tsp ground coriander
1 tsp ground cayenne pepper	1 tsp ground allspice
1/2 tsp ground cloves	1/4 tsp nutmeg

Mix all spices together in a medium bowl. Store in an airtight container.



Calendar of on-farm events, 2014	
Saturday, August 30	Garlic work party. 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.

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).