



# Newsletter, August 11-14, 2015

Volume 12, Issue 10

## Farm news

Over the 12 years we are now growing produce for our CSA, we have been adding more and more equipment to our operation to make our lives a little bit easier. We are still a relatively small farm, and it can be hard to find size appropriate machinery. As a result, we tend to end up with tools that were 'top notch' around the middle of the last century, like our almost 70 year old cultivator tractors. Surprisingly, with some preventative care each winter, they provide us with very reliable service, so we can get the field work done when it needs to be done.

Another example is our antique single row International Harvester potato digger. In the pictures you can see it in action digging the potatoes for this weeks' share, pulled by our more modern main tractor. Surely beats the digging fork ...

**Update from the fields:** After another week of running the irrigation pump, we are very happy to put on raingear to go 'harvest in the rain' this Tuesday. Despite the irrigation efforts, the farm will really benefit from a good soaking rain.

So far, we were able to stay very close to our field plans for this season. Almost all crops got in the ground on time, and by the end of this week we're looking at the last vegetable plantings for this season. Now we are six weeks past the summer solstice, days are getting noticeably shorter. By having all the crops in the ground by now, we can be sure they mature before the end of the season.

The U-pick is looking even better than last year. Abundant flowers, herbs ... and the first cherry tomatoes! Please take only about a pint for now, pretty soon they'll be falling on the ground! Pole beans are also ready, just look under the lower leaves. This is a great time to visit your farm!

Enjoy this week's harvest,

Your farmers,

*Raymond & 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](mailto:foxcreekfarmcsa@earthlink.net), [www.foxcreekfarmcsa.com](http://www.foxcreekfarmcsa.com)

**In this week's full share:**

**New Potatoes  
Fresh Garlic  
White Onions**

**And in rotation:**

**Summer squash, lettuce,  
Green Beans, Basil,  
Eggplant, Bell Pepper,  
Cilantro, Hot pepper,  
Kale, Swiss chard,  
Red Slicer Tomato,  
Saladette Tomato,  
Heirloom Tomato,  
Cucumber.**



**In the CSA U-Pick**

**garden:** the U-pick is part of your CSA share – there's no additional charge.

**Cilantro, Oregano,  
Thyme, Chives  
Sage, Parsley,  
Leaf Fennel, Scallions,  
Dill, Marjoram  
Basil, Hot Pepper,  
Cherry Tomatoes,  
Roma Pole Beans.**

*And flowers*

## **Recipe: New potato salad**

Heather Garrett shared with us a simple and delicious new potato salad recipe.

Directions are as following: wash, cube and boil the new potatoes, drain when done. Put the hot potatoes over diced onion, add salt and paper, red wine vinegar and olive oil to taste. Toss and refrigerate. When cooled, add a little mayonnaise and fresh parsley – enjoy!

## **Recipe: Cucumber Salad with Smashed Garlic and Ginger**

**The recipe comes from Nancy Manti, from PLENTY by Yotam Ottolenghi.** It has been roughly adjusted to 2 cucumbers and would serve about 3 people.

2T Rice Wine vinegar	1 1/2t Sugar
1 1/2T Sunflower oil (or canola)	1 1/2t Toasted sesame oil
1/2 Small onion, very thinly sliced	1" fresh ginger, peeled & sliced
3/4 t salt	2 fresh Garlic cloves, peeled
1/2-3/4 lbs. Cucumbers, peeled (about 2)	2 t Toasted sesame seeds
2T Chopped cilantro	

To make the dressing, whisk together rice wine vinegar, sugar and oils in a mixing bowl. Add the sliced onion; mix well and leave aside to marinate for about an hour.

Place ginger and salt in a mortar and pound well with a pestle. Add the garlic and continue pounding until it is also well crushed and broken into pieces (stop pounding before it disintegrates into a paste). Add the contents of the mortar into the bowl with the onion and dressing and stir.

Cut the cucumbers lengthways and into 1/4" thick slices. Add the cucumber to the bowl, followed by the sesame seeds and cilantro. Stir well and let sit for 10 minutes. Before serving, stir the salad again.



**Pictures:** first page top to bottom, bringing up the digger and the crew. Digging potatoes. One row done! Ana Clara, Perla and Angelica picking dug potatoes. Second page: potato digger detail. Last page, Ana Clara and Angelica loading the truck.

**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)