

# Newsletter, August 13 - 16, 2013

Volume 10, Issue 10



## Farm News

How welcomed the two inches of rain on Friday! Nature can do so much better a job irrigating. Earlier in the week, we planted about 2 1/2 acres of Sorghum-Sudan grass / Red clover cover crop mix, and by Saturday we almost could see it jumping out of the ground.

Other crops are responding equally well to this mid-summer "soaker", with the still relatively long days and high temperatures. What a difference a good summer rain is compared to the extensive spring rains we encountered earlier this season!

We broke new ground over the weekend, plowing down the first 3 acres of hay to get some new fields ready for the 2014 growing season. Before the end of the month, we hope to add another 2 acres to this, bringing the total acreage worked close to 20. The extra ground will allow us to keep more of our fields fallow each year (in cover crops, that is), increasing soil fertility, and reducing weed, disease and pest pressure – giving us the opportunity to continue growing outstanding produce for the years to come. Crop rotation is a good organic growing practice!

**And now the calendar: Farm Tour, Saturday, August 17, 2:00 to 4:00 PM.** This tour is in conjunction with the Schoharie County Family Farm Tour. Come visit your farm, enjoy the CSA member U-pick garden, and learn how we grow your vegetables. During the day, many other farms are inviting guests – visit [www.familyfarmday.org](http://www.familyfarmday.org) for more information on the other farms.

**Garlic work party, Saturday, August 24, 9:00 AM to 5:00 PM.** The 2013 garlic crop is curing very nicely. In two weeks, it's time to take the bunches out of the shed and barn, clip off the roots and tops, give our antique Boggs grader a swing, and clean the garlic so it's ready for the shares and market. As you may know, a part of this harvest contributes to the economic viability of your family farm – thanks to the support of the Honest Weight Food Co-op – and helps to keep the CSA membership fees reasonable. Come out for the day or for a couple of hours – bring a dish to share for the potluck lunch, and join the fun! And yes, we will again barter garlic for your help. More information on this work party for all ages in next week's newsletter.

**CSA U-pick garden update:** The U-pick is peaking! The flowers are beautiful, there's an abundance of almost 15 cherry tomato varieties, not to mention a wide selection of culinary herbs, plus scallions and pole beans. The U-pick is part of your CSA share: harvest what you reasonably can use, and leave the rest to other CSA members. There's no additional cost to harvesting in the garden, and it's a great excuse to visit *your* farm.

**About this week's share:** Full share members will receive summer squash, fresh garlic and tomatoes. We are rotating cucumbers, green beans, parsley and basil, eggplant, bell pepper, hot pepper and our first corn! As always, medium share members will be getting a variation on these items.

Your farmers,

A handwritten signature in cursive script that reads "Raymond Et Sara".



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

Thyme	Basil
Oregano	Chives
Marjoram	Savory
Cilantro	Parsley
Leaf fennel	Sunflowers
Dill	Sage
Scallions	Flowers
Pole Beans	Cherry Tomatoes

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

## **RECIPE: Tomato Mozzarella Salad**

Last year we published the recipe for this simple but outstanding dish. It looks fabulous – it tastes fabulous – and it’s a rewarding way to get your kids to help out in the kitchen! (From: *Serving Up the Harvest* by Andrea Chesman, Storey Publishing).

2 large heirloom tomatoes, sliced	6 ounces fresh mozzarella, sliced
6 large basil leaves, torn or chopped	1/3 red or sweet onion, thinly sliced
2 tablespoons extra-virgin olive oil	Salt and coarsely ground pepper
1 tablespoon sherry, balsamic, or red wine vinegar	

Fan the tomatoes and mozzarella in alternating slices on a platter. Sprinkle the basil and onion on top. Drizzle with the oil, then the vinegar. Season with pepper and salt and serve (serves 4).

## **RECIPE: Cucumber salad**

Inspired by Michael Greene (*Greene on Greens and Grains*), this great cucumber salad recipe – tested in the Fox Creek Farm kitchen!

2 Cucumbers, thinly sliced (food processor helps!)	1 Cup sour cream
Chives or scallions	Fresh dill
½ tsp. salt	Pepper to taste

Drizzle the sliced cucumbers with ½ tsp salt, let stand in a colander for 20-30 minutes to drain liquid. Mix sour cream with finely chopped chives or scallions and dill. Flavor to taste with salt and pepper. Mix sour cream dressing with drained cucumbers. Refrigerate for 30 minutes to increase flavor – or eat the next day!

## **RECIPE: Tomato Cobbler with Blue Cheese Biscuits**

Cheryl Nechamen sends us this recipe – she says it tastes great – and with the reasonable evening temperatures, it’s not too bad to run the oven for a little bit! Recipe is by Joy Wilson ([www.grist.org](http://www.grist.org)).

### **Biscuits:**

2 cups all-purpose flour	2 tbsp baking powder
1 tbsp sugar	½ tsp salt
½ tsp ground black pepper	3 tbsp butter, cold and cut into cubes
3 tbsp shortening, cold and cut into cubes	½ cup crumbled blue cheese
¾ cup cold buttermilk	

### **Filling:**

2 tbsp olive oil	1 tbsp butter
2 large onions, sliced	3 cloves garlic, minced
2 tbsp balsamic vinegar	2 pounds cherry tomatoes
¼ cup coarsely chopped basil	3 tbsp all-purpose flour
¼ tsp red pepper flakes	Salt and ground black pepper to taste

Preheat oven to 375°. **To make biscuits:** Whisk together flour, baking powder, sugar and salt. Add butter and shortening. Using a pastry blender, cut the butter and shortening into the dry ingredients until the mixture has the texture of coarse crumbs. Stir in blue cheese. Add buttermilk all at once. Stir with a fork to make shaggy dough. Turn onto a lightly floured surface and knead dough 10 times. Form into a disk, wrap dough in plastic wrap and refrigerate.

**To make filling:** Cook onions, seasoned with salt and pepper, in olive oil and butter in a medium skillet over medium heat, until caramelized, about 18 minutes. Add garlic, cook for 1 minute. Remove from heat and add balsamic vinegar. In a large bowl, toss cherry tomatoes with basil, flour and red pepper flakes. Stir in caramelized onions. Season with salt and pepper. Pour tomato filling into square 8-by-8-inch baking dish. Bake for 25 minutes on a rack in the middle of the oven.

Meanwhile, roll out biscuit dough on lightly floured surface into 1-inch thickness. Cut out biscuits with 2-inch round biscuit cutter (or a floured drinking glass). Remove tomato filling from oven and place biscuits atop filling. Brush biscuit tops with buttermilk; sprinkle with salt and pepper. Return to oven and bake for 17-20 minutes, until biscuits are golden brown and tomato mixture is bubbling. Allow to cool for 15 minutes before serving.

**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 – bees on a sunflower in the U-pick garden.  
This page: a first look at the newly plowed fields for our 2014 acreage expansion.

***Support a viable, small family farm and eat some of the best locally grown produce available!***  
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