



Newsletter, August 17-22, 2017

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Farm News

Last Friday we hosted a group of middle and high school children enrolled in Liberty Partnership Program from Schenectady County Community College. We shared our enthusiasm for our farm with them – and it may be contagious! One of the counselors wrote: “Thank you for letting us dig in, literally! Digging carrots and beets, petting the horse, holding chickens, walking through a magnificent field of wild grasses and flowers to a beautiful pond, it was lovely. It was an awesome day”. It made our day, too – and it shows yet another aspect of our take on Community Supported Agriculture.

What is happening with the tomatoes? Well, the optimum temperature for tomatoes to turn from green to red is between 65 °F and 85°F. Above or below those temperatures, lycopene and carotene, pigments responsible for giving fruit their orange to red appearance, cannot be produced. In a ‘normal’ summer, you’ll see a brief slow-down in ripening because of high temperatures. This summer however has a lot of cool nights – good for sleeping, but not so good for the tomatoes ... they are coming in slower than we like!

A note on the U-pick: As most of you know, the U-pick is a great excuse to visit the farm. Beautiful flowers, fragrant herbs, and a wide variety of cherry tomatoes. But ... please remember that the garden is shared with 429 other CSA members. Consequently, don’t feel bad about harvesting what you and your family can reasonably use in a week, but don’t expect the garden to provide you with freezer loads of tomato sauce or pesto.

We’ve got to clean out the barn! As we are getting ready for the Fall harvests, we need to make space in the barn. Right now, it’s garlic galore. On Saturday, September 9 we’re hosting another garlic themed work party, to clip, grade, and clean the 2017 crop. With a potluck lunch. And of course, we’ll barter garlic for your help!

Expect a very nice share this week – we’re harvesting green beans and are keeping a close eye on the sweet corn. Enjoy the summer coming to your kitchen table!

Your famers,

Raymond Et Sara



In this week's full share:

Lettuce, Garlic

And in rotation to the sites as available;

Beets, Nantes Carrots, Green beans, Tomatoes, Swiss Chard, Summer squash, Cucumber, Peppers, Eggplant, Kale, Basil and Parsley, Cilantro, and New Potatoes



A beautiful field of fall brassica's (Kale, cabbage, cauliflower, broccoli). On the front page, learning about chickens – and our tunnel full of tomatoes.

Recipe: Fresh green beans

This recipe is so simple, and so delicious!

Ingredients:

Green beans, tips removed
Butter, 2 tsp per ¼ pound of green beans
Salt to taste

Directions:

Wash and drain the beans. Cook in little water, until tender but still very crisp, probably around 5 minutes. Drain the beans, add the butter. Toss to coat while the butter melts. Season with salt to taste.

Side dish – ½ pound serves 2

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).

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