



Newsletter, August 18-21, 2015

Volume 12, Issue 11

Farm news

The farm for sure is in high summer mode. We've got about 650 bed feet of lettuce to plant, and 400 feet of spinach, but from there on we'll be mostly harvesting ... and the harvests are coming in big and beautiful, as you have been noticing at the sites. This week we will be harvesting the first sweet corn, which will again prove itself to be well worth the wait. We tried some ears over the last few days, and we believe it will stand any comparison very well!

Heirloom tomatoes: By this week, every site should have seen their share of the first heirloom tomatoes. As unusual as some of them look, Sara puts great effort in harvesting them 'just right' – basically ready to eat. Heirloom tomatoes bruise easily, and any additional handling greatly decreases their shelf-life. That's the reason why we transport them in single layers on bread trays. And that is also the reason for our 'you touch it, it's yours' rule we try to keep up at the pick-up sites. Just imagine what kind of heirloom tomato the last CSA member would bring home after everyone has handled it!

Garlic harvest, continued: Some people have asked us for a date for the second installment of our garlic harvest party, which involves a lot of clipping (of the roots and tops), grading, and cleaning. The garlic is well on the way to being cured, and we have set a tentative date for this event for Saturday, August 29. Please note that this is a tentative date, which we may have to change due to imminent family circumstances. We will keep you informed in the upcoming newsletter.

About farm visits: We have been getting some very nice comments from CSA members who made it to the farm the first time, or the first time for this season. The U-pick garden is receiving great reviews, and folks greatly enjoy the scenery. Now that the cherry tomatoes are ripening, it's for sure a good time to visit!

Update from the fields: Crops are maturing nicely, particularly now the "scattered showers and thunderstorms" of late last week and the weekend actually found their way to the farm, and so do some of the weeds. As we have been maintaining a 'once-a-week' cultivation schedule, it is amazing to see how much growth some weeds can put on in just seven days. We have been getting much better in timing the follow up of the mechanical cultivation with hand weeding where needed, and as a result the fields are looking very well managed (with less intensive hand weeding to boot).

Enjoy this week's harvest,

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:

**Nantes carrots
Fresh Garlic
Lettuce**

And in rotation:

**Corn, Summer squash,
Green Beans, Basil, Parsley
Eggplant, Bell Pepper,
Cilantro, Hot pepper,
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: Cucumber and feta dip

This dip and the pesto recipe below comes from the kitchen of Nini Jacobs, who shared the recipes with us. For the cucumber and feta dip, combine:

1 large or 2 medium cucumbers - coarsely chopped
8 ounces feta cheese - crumbled
3 Tbs chopped fresh dill
3 Tbs chopped fresh mint
1 small red onion - chopped
2 1/2 Tbs fresh lemon juice

Add 1 Tbs olive oil, and enjoy.

Fresh Basil Pesto

2 cups fresh basil leaves, packed
1/2 cup freshly grated Parmesan-Reggiano or Romano cheese
1/2 cup extra virgin olive oil
1/3 cup pine nuts or walnuts
3 medium sized garlic cloves, minced
Salt and freshly ground black pepper to taste

1 Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.) Add the garlic, pulse a few times more.

2 Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Serve with pasta, or over baked potatoes, or spread over toasted baguette slices.

Yield: Makes 1 c



Pictures: first page top to bottom. After purchasing a plastic mulch lifter with the intention to use it for harvesting garlic, we found out it's also a great tool to dig carrots! We clip the tops off in the field, box the carrots ... and clean them up in our root washer. On this page: pulling carrots after tractor digging goes quick!

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 Duanesburg. 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)