



Newsletter, August 18-22, 2016

Volume 13, Issue 11

Farm News

Weather. We are glad more seasonal weather moved in. The temperatures and humidity of last week made working in the fields challenging. That said, we are truly blessed with our workers, who carried through as always despite the heat advisories. Keep drinking water!

Most crops however did not experience any problem with the heat – except for some of our lettuce, which decided to bolt prematurely. Alas, other produce will make up for the difference! This truly is a great time to be part of our CSA – savor the summer.

Farm visits & U-pick. If you have not made it out to the farm this season, this is probably one of the best times to visit. The U-pick is full of flowers, herbs, and LOTS of cherry tomatoes. Sample one or all 13 varieties, and while you are here, feel free to hike around and take in the scenery at *your* farm.

Family farm 4-H club and the Altamont Fair. The farm is home to a 4-H club, and they are exhibiting their produce, flowers, crafts and more at the Altamont Fair this week – if you're there, visit the 4-H building and look at their "Common Gardening Mistakes" group exhibit!

Garlic: We'll have another work party Saturday, September 10. By that time the garlic should be well cured. More about that in the next newsletter.

Enjoy this week's harvest, your farmers,

Raymond Et Sara



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In this week's full share:

Red-cored Chantenay Carrots, Fresh Garlic, Lettuce

And in rotation to the sites as available;

Sweet corn, Swiss Chard, Green Beans, Basil, Parsley, Summer Squash, Cucumbers, Eggplant, Red Slicer Greenhouse Tomatoes, Saladette Tomatoes, Heirloom Tomatoes, Cilantro, Hot Pepper, Carmen Sweet Pepper, Bell Pepper and Watermelon

And in the U-pick: wide variety of culinary herbs, scallions, flowers, ground cherries, hot pepper, pole beans and cherry tomatoes

Pictures: first page, top to bottom. View of the CSA U-pick garden at the farm, picking up a share at the HWFC site. The Family Farm 4-H club. This page: Good job, Greg! Entering flowers at the Altamont Fair

Heirloom Tomato & Mozzarella Salad

It is pretty amazing what local and fresh does for the taste of produce. When the heirloom tomatoes are coming in, it's time to pull out this simple and very tasty recipe: it is also a rewarding way to get your kids to help out in the kitchen! Adjust the recipe so you don't make more than you can eat in one sitting – the liquid in the tomatoes make everything too soggy the second day (From: *Serving Up the Harvest* by Andrea Chesman, Storey Publishing).

2 large heirloom tomatoes, sliced
6 large basil leaves, torn or chopped
2 tablespoons extra-virgin olive oil
1 tablespoon sherry, balsamic, or red wine vinegar

6 ounces fresh mozzarella, sliced
1/3 red or sweet onion, thinly sliced
Salt and coarsely ground pepper

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).

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).