



Newsletter, August 19 - 22, 2014

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Farm News

We did get some rain last week, relieving us from our irrigation duties for a little while. Good for us, good for the crops. The unseasonal cool nights however has taken its first toll: the basil got a fungal disease that makes it no longer harvestable. But despite the cool nighttime temperatures, we are still seeing a steady growth in the number of ripe tomatoes we're harvesting, keeping up with our expectations – and we're even starting to pick the first sweet corn of the season!

Garlic Work Party, Saturday August 23, 9:00 AM – 4:00 PM

We invite you back to the farm to give us a hand with the 2014 garlic crop. The plants have dried, and now we're ready to clip roots and tops, grade and clean. With your help we're able to grow a substantial amount of garlic above and beyond the reasonable needs of the CSA membership. The wholesale of the remainder of the crop contributes to the economic viability of the farm, and helps us to keep the CSA share prices within reason.

We'll start on Saturday at 9:00 AM, working on the crop that's drying in the new barn. We'll offer a mid-morning snack and coffee or tea, and invite you to bring a dish to share at the potluck lunch around 12:45. Please bring your own place setting and favorite beverage!

As with the garlic harvest, this is hands-on work party, with things to do for everyone. And before we forget, we do barter garlic in exchange for your help!

U-pick: We saw a record number of CSA members taking advantage of the U-pick garden last Saturday, and everyone we talked with was very pleased – with all the herbs, flowers and cherry tomatoes available – and those who visited the farm for the first time were unanimously impressed by their farms scenic setting. We are very pleased that everyone seems to harvest enough for their own use, leaving enough for the members visiting after them. Thanks! We're looking forward to seeing you at the farm.

Heirloom tomatoes: Thank you to all of you for your care for the heirloom tomatoes at the sites. We're glad we brought up the subject of care in handling heirloom tomatoes in our last newsletter, and we hope you have had the opportunity to look beyond appearance ... and feasted on the outstanding flavors!

Enjoy this week's harvest, your farmers,

Raymond Et Sara



Pictures: digging potatoes (top), great U-pick bouquets (center) and Karin, Angelica and Ana Clara picking potatoes (bottom)

In this week's full share:

New Potatoes – Roasted or baked on a skillet these are delicious. The Fedco seed company says you should also try this yellow fleshed Carola variety by “preparing on the grill, wrapped in foil with sliced onion, some peach wedges, and sea salt.”

Cucumbers

And in rotation:

Corn – Picked just hours before delivery! May contain corn earworms which can be removed normally by breaking off the tip where/if they are present.

Cilantro

Summer Squash

Eggplant

Tomatoes

Bell Pepper

Hot Pepper

Beans

Please note that Medium share members will be getting a variation on these items.

What's ready in the U-Pick:

Cilantro

Summer savory

Chives

Parsley

Oregano

Sage

Basil

Marjoram

Thyme

Leaf fennel

Scallions

Flowers

Sunflowers

Dill

Cutting (soup) celery

Hot Peppers

Cherry Tomatoes

Pole Beans



Recipe: Bayd bi Kousa (Eggs with Kousa squash)

This simple yet delicious recipe can use the light green Kousa squash or any squash to our taste. Raymond served it up last night with grilled potatoes, green beans, and Baba Ghanoush with bread.

Ingredients:

2 small squash

6 eggs

1 Tsp butter

1 cup water

Salt and pepper

1 T olive oil

Directions: Wash and slice squash into half inch slices. Cook in water in saucepan until soft. Pour out water and add olive oil, stirring to coat pan. Add beaten, seasoned eggs. Cook on low heat until eggs are set. Spread butter over eggs. Serves 4.

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Calendar of on-farm events, 2014	
Saturday, August 23	Garlic work party. By this time, the garlic should be dry and ready to be clipped, graded and cleaned. Another fun, sit-down, hands-on event.
Mid to late September	Farm tour event – come see how the farm looks just ahead of fall. Details to follow.

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).



Mechanization is not all ‘wine and roses’.
Digging potatoes = fixing the digger!