



Newsletter, August 26 - 29, 2014

Volume 11, Issue 12

Farm News

Garlic work party: Thank you for your help with the garlic on Saturday! Many hands make light work ... we lost count at head number 13,589 so we likely moved, clipped, graded and cleaned a bit more than that. Good work, spectacular lunch (and yes, you're all invited back for next year's crop).

And the weather. In our 11 years as CSA farmers, we cannot remember a 'cold'-spell in August like the one we saw over the past two weeks. It was starting to feel like fall! In our farm plans, we've learned to anticipate colder weather and shorter days – if a head of lettuce takes 24 days to mature in the middle of summer, it will take some more time in the spring, and much more time towards the end of the season. As you know, we plant in succession. While all plantings went in the ground according to our plans, this unanticipated (and unexpected) cold spell has delayed the growth of some of our crops, and particularly the lettuce seems to take the cold spell very seriously. Sorry, no lettuce this week. We're quite sure, however, that the warmth of this week will help bring the growing back up to speed.

U-Pick: We've mentioned it before, and will now mention it again: The extensive U-pick garden is a benefit of your CSA share. Wonderful flowers, over a dozen cherry tomato varieties, and a wide selection of culinary herbs. We're always glad to see the smiles on the faces of CSA members who made the first trip to the farm and U-pick – so if you're in the neighborhood ...

Enjoy this week's harvest, your farmers,

Raymond & Sara



Pictures: Cleaning garlic is fun with a good crowd! We clipped lots of garlic on Saturday.



What's ready in the U-Pick:

Cilantro Summer savory Chives
Parsley Oregano Sage Basil Marjoram
Thyme
Leaf fennel Scallions

Flowers Sunflowers Dill Flowers
Cutting (soup) celery Hot Peppers
Cherry Tomatoes
Pole Beans
Lemongrass

In this week's full share:

German Red Hardneck Garlic and 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.

Parsley

Summer Squash

Tomatoes

Carmen Sweet Pepper

Cilantro

Kale

Melon

Eggplant

Bell Pepper

Hot Pepper

Beans

Chard



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

RECIPES ON NEXT PAGE



Grading garlic

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Recipes:

Garlicky Swiss Chard

Another recipe from the kitchen of Emily Davis. Who is not only a speleologist, but also a chiropterologist, and co-owner of Speleobooks.

Ingredients: 1 lb. chard
2 tbsp. olive oil
6 cloves garlic
1/4 tsp red pepper flakes
1 tsp salt

Remove stems and chop in 1 " pieces, place in a bowl chop leaves and place in a different bowl. In a large lidded pot heat oil and add chopped garlic and peppers, cook 1-2 minutes being careful not to burn garlic. Stir in stems, cook 4 minutes Stir in leaves and place lid on pot for 2 minute, stir and put lid on for another minute add salt and stir.

Transfer to plate leaving behind excess liquid.

Creamed Kale

Member Mary Gallagher shared this recipe with us. She says that it may not be the healthiest way to eat kale, but an amazing dish for a special occasion (adopted from Redbook Magazine).

Ingredients: 1 lb. fresh kale leaves, torn from stems in small pieces
1 tbsp. unsalted butter
1/4 cup diced sweet onion
1/3 cup + 2 Tbsp. heavy cream
1/8 tsp freshly grated nutmeg
1/4 tsp kosher salt
Ground black pepper

Directions:

1. Bring 1 quart of lightly salted water to a boil in a large pot over medium high heat. Add kale in batches, stirring down each batch until submerged. Bring to a second boil; cook 5 minutes until kale is wilted. Drain in a colander, cool. Gently squeeze out excess water from kale.
2. Melt butter in a saucepan over medium heat; add onion and cook 8 minutes, until soft. Add kale, cream, and nutmeg; continue to cook on low, stirring frequently, until most of the cream has been absorbed into the kale, 15 to 20 minutes. Stir in salt and season with pepper to taste.

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 1/4 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 1/4 mile too far. Turn around and find Fox Creek Farm Road on your left).