



Newsletter, August 25-28, 2015

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Farm news

Garlic harvest, part 2, canceled: in our last newsletter we tentatively announced the second installment of our garlic harvest party for this Saturday, August 29. Due to very unfortunate family circumstances we have to cancel this get-together. At this time we are unable to set a new date.

Update from the fields: The last plantings for the season are in the ground, and despite the heat the fall spinach is germinating nicely. We're getting ready for some important cover crop seeding. By the first week of September the so-called winter killed cover crops (at our farm, a mixture of oats and peas) need to be planted so they establish well – planted too early and they'll go to seed, planted too late, and they will not prevent any erosion or contribute to soil fertility.

The harvests are beyond our expectation – as is the taste of the sweet corn! At the time of this writing the barn and walk-in cooler is filling up nicely, which promises another rather spectacular CSA share at the sites.

Enjoy this week's harvest,

Your farmers,

Raymond & Sara



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In this week's full share:

New Potatoes
Fresh Garlic
Green Leaf Lettuce
White Onions

And in rotation:

Corn, Summer squash,
Green Beans, Basil, Parsley
Eggplant, Bell Pepper, Carmen
Sweet Pepper, 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 (pick what you can use),
Roma Pole Beans.

And flowers

Recipe: Fresh Veggie Pizza

Emily Davis has been a supporter of Fox Creek Farm CSA even before we planted the first vegetables 12 years ago. In the pizza recipe she shared with us (and we are sharing with you) you can see what chronic effects long term CSA membership has on culinary creativeness (is that a good English word?).

Directions: Prepare one pizza shell (store bought or homemade (*)), and spread with a thin layer of olive oil. Top with thin slices of garlic, followed by a layer of sliced tomatoes. Cover with a shredded cheese of your choice.

Add chopped vegetables in a thin layer. These can be hot pepper, green pepper, dark leafy greens, scallions, onions – basically anything in your share that would taste good roasted.

Bake at 450 degrees for 10-20 minutes (depending on how thick the crust is and on the thickness of the topping), until the cheese is bubbly and the crust is golden brown.

(*) An easy recipe for a homemade pizza dough from your farmers' kitchen: Combine 1 cup lukewarm water with 1 Tsp sugar and 2 tsp dry yeast. Let stand for about 10 minutes to proof. Add 1 tsp salt, and about 3 to 3 ½ cups of flour. Knead for about 5 minutes and leave to rise at room temperature for about 1 to 2 hours (or longer if so desired). Push down, form into a pizza shape, and pre-bake for about 10 minutes at 450 degrees. Add toppings as in Emily's recipe above.

Pictures: first page (top to bottom) harvesting peppers. Buckwheat cover crop ready to be plowed under. Cultivating with the Farmall cub with basket weeder (yes, there's some hand weeding to be done here ...). This page: we're keeping a close eye on the cantaloupes (not yet ready, sorry). All pictures by Johanna.

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)