



Newsletter, September 1 - 4, 2015

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Farm news

Over the last 12 years, we have grown our farming enterprise substantially. The initial 10 families that purchased a CSA share for our first season grew to well over 400 this year. Over time, we moved to our current farm, built infrastructure, purchased equipment, and honed our farming skills. While some things changed, we are still enjoying any day out in the fields.

That enjoyment comes from more than the sunshine and fresh air. We are happy with the support of our strong CSA membership. Daily reminders include your appreciation of the great produce we bring to the sites, the smiles in the U-pick garden, and the awe for the beauty of the farm. The overall retention rate of CSA members is about 70%, which is a great vote of confidence.

And while we are bringing great produce to the sites, the CSA membership maintains the economic viability of our still small family farm. In all, the symbiotic relationship between the CSA members and the farmers have created opportunities that reach far beyond what we expected when we put the first seeds in the ground in 2003. Thank you!

U-pick & cherry tomatoes (and flowers and herbs): There is lots to harvest from the U-pick garden these days. Cherry tomatoes are ripening at a breathtaking pace. Which of the 12 varieties is your favorite?

Update from the fields: We changed the oil in our main water pump to get ready for yet another very warm and dry week (or at least, that's what the meteorologists lead us to believe at the time of this writing). We're back watering! Meanwhile, the cooler weather of last week made the last planting of spinach germinate very nicely, and overall the crops are looking good. The late season potatoes are starting to die back, just in time to have the tubers set a tougher skin before we harvest them. This week we'll start the curing process of the onions so we can get them in the barn come frost. Sweet corn is still coming in, and we have not yet seen too much damage from the European corn borer. We also started harvesting watermelon, a taste of summer!

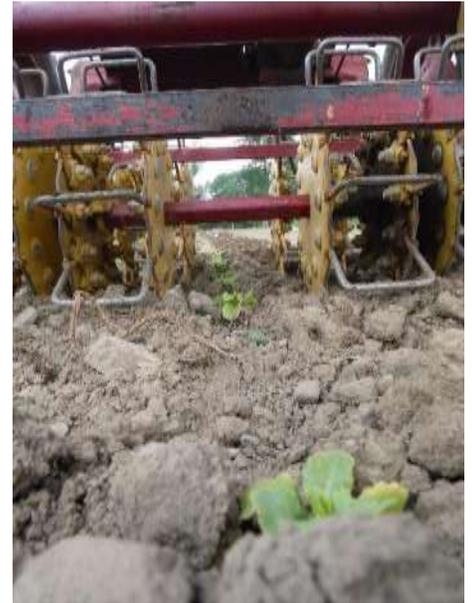
The crops are far beyond our expectation. We're filling up the truck twice a week!

Enjoy this week's harvest,

Your farmers,

Raymond Et Sara

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In this week's full share:

Garlic
Red Batavian Lettuce
Fresh Onions

And in rotation:

Watermelon, Corn, Summer squash, Cucumber, Basil, Parsley, Eggplant, Bell Pepper, Carmen Sweet Pepper, Hot pepper, Red Slicer Tomato, Saladette Tomato, Heirloom Tomato.



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, Soup Celery, Lemon Grass.

And flowers

Recipe: Bayd bi Kousa (Eggs with Squash)

This is a simple yet delicious recipe. Served with bread and salad one has dinner!

2 small or 1 large squash	6 eggs
1 Tsp butter	1 cup water
Salt and pepper	1 T olive oil

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.

Pictures: first page (top to bottom) cultivating Fall lettuce. Sara packing water melon. Another succession of sweet corn. This page: our sweet potato experimental crop is looking very nice (no guarantees as of yield, etc.).

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 is 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).