

Newsletter, September 3 - 6, 2013

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Farm News

Members have been commenting excitedly about the diversity and yields of recent harvests. The combination of careful seed selection, great transplants, decent soils and soil management, as well as, above average cultivation with intermittent rains and relatively high temperatures is really paying off. Our best measure is the challenge to get all those shares on our delivery truck. Your challenge is probably the ever growing weight of the produce taken home each week, as well as making healthy vegetables the focus of daily meals.

With the exception of the garlic crop, we grow exclusively for our CSA members. That means that when the harvests are good, we don't seek additional markets – all produce that we harvest gets distributed among our members. This is the way we have been running our CSA for the past 10 years, and believe that it is another strong point for our farm model: we truly share with you the abundance that comes when farm plans and weather work in unison.

Garlic barter: this week, we're delivering the garlic barter to those who helped out with the harvest and cleaning. Our way of saying "thank you", again. With the garlic you'll also find some storage instructions, which will help you to keep the garlic well into winter.

U-pick: We have never seen so many CSA members enjoying the U-pick garden as this year. While we expanded the garden proportionally to the expected growth of the CSA membership from last year, over the recent weeks we've been seeing 4 to 6 members *a day*: last year we saw the same number of members in a *week*. We are very happy that you make it out to the farm to enjoy harvesting the herbs, flowers and cherry tomatoes, but please keep in mind when harvesting that you are sharing this garden with 340 other CSA member households. There will be more people coming after you that day and the day to follow – please leave plenty for them! We promise, next year we'll further expand the U-pick to accommodate for the increased interest.

About this week's share: Full share members will receive summer squash, cured garlic and tomatoes. We are rotating melon, lettuce, Swiss chard, cucumbers, green beans, eggplant, basil, parsley, corn, and bell, hot and sweet red peppers! As always, medium share members will be getting a variation on these items.

Your farmers,

Support a viable, small family farm and eat some of the best locally grown produce available!

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Fox Creek Farm CSA U-Pick: *Ready to harvest*

Thyme	Basil
Oregano	Chives
Marjoram	Savory
Parsley	Sage
Leaf fennel	Cutting Celery
Dill	Scallions
Pole Beans	Flowers
Sunflowers	Cherry Tomatoes

Harvesting in the U-pick garden is part of your CSA share – come anytime!

Member Mary Gallagher shared a couple of recipes with us – with the tomatoes still coming in strong, the following recipes may come in handy!

RECIPE: Rainbow Tomatoes & White Beans (from Rachel Ray magazine)

2/3 cup chopped parsley	2 tbsp. drained capers, chopped
2 tsp. red wine vinegar	1 large clove garlic, finely chopped
Salt & pepper	¼ cup extra virgin olive oil
1 (15 oz.) can cannelloni beans, rinsed	¼ cup pine nuts
1 lb. multicolored tomatoes (orange, yellow, green, red – cut into thin wedges	

Directions: In a large bowl, combine the parsley, capers, vinegar, garlic, ½ tsp. salt and ¼ tsp. pepper, and whisk in the olive oil. Add the tomatoes, cannelloni beans and pine nuts and toss to coat. Let stand 10 minutes before serving.

RECIPE: Tomato Pie (from Southern Living Magazine, August 2011)

(Mary says: “This pie is amazing – one of our favorites!”)

Tomato Pie - filling

½ tsp. salt	½ cup mayonnaise
3 green onions, chopped	2 tbsp. chopped fresh basil
1 cup (4 oz.) shredded Parmesan cheese, divided	
Sour Cream Pastry (recipe follows below)	
4 medium tomatoes, peeled and cut into ½” thick slices (about 1 ½ lbs.)	

Directions: Preheat oven to 350 degrees. Prepare Sour Cream Pastry. Meanwhile, place tomatoes in a single layer on paper towels; sprinkle with salt. Let stand 30 minutes then pat dry with paper towels. Stir together mayonnaise, green onions and basil and ¾ cup cheese. Roll Sour Cream pastry on a lightly floured surface. Fit into a 9” pie plate and crimp; bake at 350 for 10 to 12 minutes or until lightly brown. Remove from oven and sprinkle remaining ¼ cup of cheese over bottom of crust. Arrange tomato slices over cheese in crust; spread mayonnaise mixture over tomatoes. Bake at 350 degrees for 34 to 37 minutes. Let cool 5 minutes before serving.

Sour Cream Pastry

1 ¼ cups all-purpose flour	2 tsp. baking powder
½ tsp. salt	½ cup shortening
½ cup sour cream	

Directions: Stir together flour, baking powder and salt. Cut shortening into flour mixture with a pastry blender until mixture resembles small peas. Add sour cream and stir with a fork until combined. Gently gather dough into a flat disk; wrap in plastic wrap and chill 1 to 24 hours.



Pictures: front, top – We got the whole harvest on the truck! Bottom – Jean unloading another tray of heirloom tomatoes. Second page: left: Teresa harvesting red slicer tomatoes – center: the heirloom tomatoes are peaking! – right: Our 4-H group learned about cucurbits: harvesting water melons is a pretty good exchange!

Farm visits: Please feel free to come and visit your farm and enjoy the free CSA member U-Pick! We have an ‘open door policy’: you can come anytime, no calls necessary. Come and see your beautiful farm – but please acknowledge the following rules for you and your guests: Stay clear of the electric fences; remain out of the planted fields; no swimming in the ponds; supervise children; no climbing on equipment or woodpiles; lastly, due to our livestock, dogs need to be on a leash (and you need to clean up after your dog).

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 to Delanson, in Delanson, make left on Darby Hill – first right is Gallupville Road – this becomes Larry Hill when crossing the Schoharie County line).