



Newsletter, September 15-18, 2015

Volume 12, Issue 15

Farm news

Where last week the weather was very hot for late summer, on Thursday it felt that fall came rolling in like a freight train, substantially slowing down the summer crops, particularly the tomatoes and summer squash.

We welcomed the rain, however. We needed it, that's for sure. As we spend a lot of time and money on seeding cover crops it's nice to see the oats and rye popping their first leaves out of the ground. In another two months, there should be enough cover to protect our soils from winter erosion, and provide for another boost of organic matter next year.

2016: Tuesday/Friday or Monday/Thursday, continued: We received over 150 responses on our short questionnaire so far, split evenly over CSA members who pick up on either day. Almost all responders who currently pick up on Friday support a change to Thursday, and close to 80% of the folks who now pick up on Tuesday don't have a problem changing to Monday.

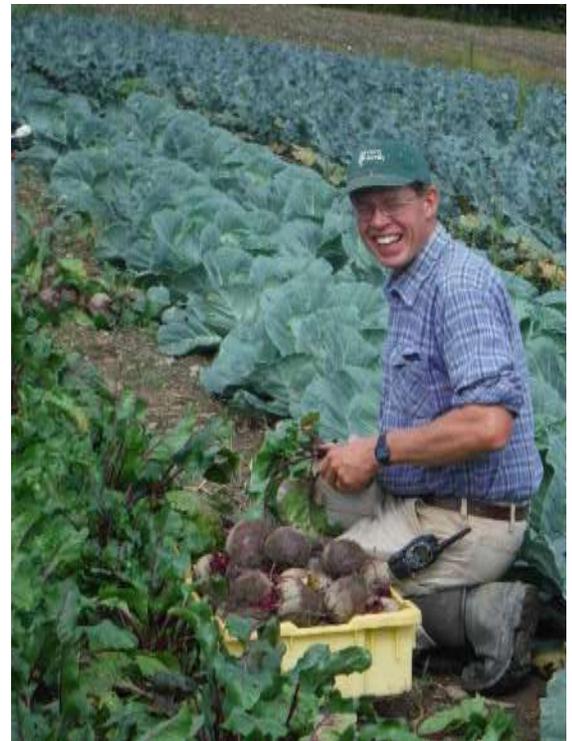
As some of you pointed out, a change to Monday runs into problems with holidays. We can handle that the same as our changes for the 4th of July holiday (and change the pick-up day for that time to Tuesday). We'll leave the questionnaire open for another week if you would like to add your feedback. https://www.surveymonkey.com/r/2016_csa_pick-up_days.

Garlic (1, 2, and 3): (1) Our crew has been chipping away on the 2015 garlic crop, and is making great progress. At this point in the season, we've decided we can't do the garlic cleaning party – the earlier mentioned family circumstances made our summer very different from what we had in mind. We appreciate your understanding, and rest assured that we'll go back to our CSA garlic work parties when the new crop comes in in '16.

(2) We have not forgotten about the garlic barterers for the help with harvesting. If you helped out, expect to see garlic coming your way at the site starting this Friday, September 18 (and we'll bring garlic to the Tuesday sites the following week).

(3) Garlic for sale: By popular request, we resume offering garlic for sale. Stock up on garlic above and beyond the quantities that are part of your share. Garlic is \$ 9.00 per pound, minimum order \$ 18 (that is 2 pounds or about 16 large heads). We'll take orders over the next two weeks, and will bring your garlic to the sites in the first week of October. Just send us a check with your payment, and we'll do the rest.

Farm tour, Saturday, October 3. We invite you to come and see the farm in its fall splendor. Come at 10:00 for a cup of tea or coffee in the barn and mingle with your famers and other CSA members. We'll walk the farm or take a hayride (weather dependent) starting at 10:30, to return to the barn an hour later. This is a great opportunity to meet Otto, Johanna's horse!

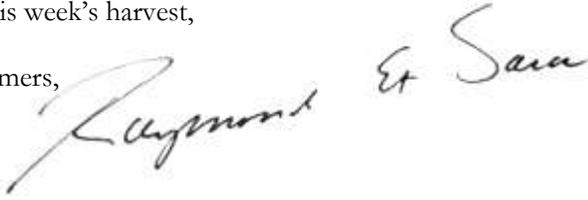


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Update from the fields: The moisture and cooler temperatures affects crops in different ways. As said before, it's putting a damper on the tomatoes and summer squash, and Basil downy mildew has arrived. Meanwhile, beets and carrots are sizing up with the good rain. Despite the frequent irrigation watering, the hot and dry weather may have been too much of a challenge for some of the fall crucifers, particularly the Brussel sprouts and the late planting of broccoli. On the positive side, the cabbage and cauliflower (same family, none-the-less) is looking great, as do all the other fall crops. Looking around the fields, there is plenty of produce to go around until the last harvests late October.

Enjoy this week's harvest,

Your farmers,



In this week's full share:

Beets, Garlic, Lettuce, Expression "Sweet" Onions

And in rotation:

Melon, Corn, Cauliflower, Beans, Basil, Eggplant, Bell Pepper, Carmen Sweet Pepper, Hot pepper, Red Slicer Tomato, Saladette Tomato, Heirloom Tomato and Spinach.

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,
Dill, Marjoram, Basil,
Hot Pepper,
Cherry Tomatoes,
Shellies (fresh soup beans),
Soup Celery, Lemon Grass.**

And flowers

Recipe: Pickled Beets

This recipe uses a basic vinaigrette, but you could use any favorite vinaigrette. A little olive oil with salt, pepper, and balsamic works fine (adapted from simplyrecipes.com).

Ingredients:

2 or 3 beets
1/4 cup cider vinegar
1 Tbsp. sugar
1 Tbsp. olive oil
1/2 teaspoon dry mustard
Salt and pepper

Directions: (1) Scrub the beets free of any dirt. (2) Place the beets in a medium saucepan and cover with water by about an inch. Bring to a boil on high heat then lower the heat and maintain a simmer for 35 to 45 minutes, depending on the size of the beets, until they are easily pierced with the tines of a fork. (3) Drain the beets and rinse them cold water. Use your fingers to slip the peels off of the beets. The peels should come off easily. Discard the peels. Quarter or slice the beets. (4) Make the vinaigrette by combining the cider vinegar, sugar, olive oil, and dry mustard. Whisk ingredients together with a fork. The dry mustard will help to emulsify the vinaigrette. Adjust to taste. Add salt and pepper to taste. Combine beets and vinaigrette in a bowl and allow to marinate for a half hour at room temperature.

Pictures: first page (top to bottom) Some very nice looking cauliflower – Raymond harvesting beets – garlic clipped and graded. On the next page: Fun with the Family Farm 4-H club harvesting in their garden at the farm



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 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 reek 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).