



Newsletter, September 23 - 26, 2014

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Farm News

We surely made the turn for fall crops – we started harvesting late spinach, beets, and continue to harvest lots of potatoes. Heavy lifting bringing those shares home!

Fox Creek Farm and food deserts: Late this spring, we started doing some research on the issues of food insecurity in the Capital District. According to the USDA and United Way, about 10,000 families in the Capital District are living in situations where they do not know where their next meal will come from. Many are too busy working multiple jobs to try to make ends meet. The situation is aggravated when they are living in a so-called food desert, which is a neighborhood where there's no access to fresh food at all (mostly because regular supermarkets find these neighborhoods not profitable enough, and leave). When people have to rely on limited public transportation the situation becomes even more challenging.

Last week, we had a very productive meeting with an organization in Schenectady. This organization may be able to get the farm some funding to offset a part of the costs of the shares for families that receive SNAP benefits (food stamps). Next Spring, we're hoping to launch Fox Creek Farm's Healthy Food for All program – making available the same great shares you know to very low income families that have limited access to fresh produce. These would be paid in part by the grant, in addition to their SNAP benefits, and some fundraising. More about this exciting project in the coming newsletters.

Membership renewal: We've completed our brainstorming about next year's CSA and are working on updating our membership forms. By the end of the first week of October, you should have received our renewal package. We really hope you will consider making your commitment to support our upcoming farming season early (in exchange of which we will again bring you our outstanding produce). Your early reservation not only guarantees you your share in the harvest, but it also helps us fund the early months of the farming season.

Farm tour, Saturday September 27, 11:00 AM. We're looking forward to seeing you at the farm and the weather forecast is promising (is it too early to call for an Indian summer?). If the fields are dry enough, we'll hook the hay wagon to the tractor so we can cover more ground than we can by foot. Tour starts at the barn at 11:00 AM sharp and will take about one hour.

Enjoy this week's harvest, your farmers,

A handwritten signature in black ink that reads "Raymond & Sara". The signature is written in a cursive, flowing style.

The Family Farm 4-H Club harvested lots of potatoes last Sunday – and they are donating almost 200 pounds to the food pantries!



In this week's full share:

Spinach
Red Beets with Tops – our variety never gets “woody” even when big
Lettuce
Potatoes – Keuka Gold with yellow flesh and skin
Cured Yellow Onions
Garlic

And in rotation:

Cauliflower
Summer Squash
Tomatoes
Peppers
Corn

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



What's ready in the U-Pick:

Dill
Cilantro
Summer savory
Chives
Parsley
Oregano
Sage
Marjoram
Thyme
Leaf fennel
Flowers
Sunflowers
Cutting (soup) celery
Hot Peppers
Cherry Tomatoes (**last week!**)
Pole Beans
Lemongrass

Recipe: Beets, blue cheese and almond salad

Member Mary Gallagher is sharing this recipe, which originates from *Better Homes and Gardens*. Thanks again!

Ingredients:

7 medium beets (about 2.5 lbs.) (Do not cook one beet)
1 small clove of garlic
Salt
3 Tbsp. extra-virgin olive oil
2 Tbsp. lemon juice
¼ tsp. ground black pepper
8 oz. blue cheese
2 oz. almonds
1 Tbsp. chopped fresh parsley

Directions:

1. Trim and peel the beets. Cut six beets into bite-sized pieces. Place in a steamer basket over a pot of boiling water. Cover the pot and steam 20 to 25 minutes, until tender.
2. Coarsely grate the remaining beet; place in a large bowl. For dressing, mash the garlic with a pinch of salt to a paste; add to grated beet along with the oil, lemon juice, 1 tsp. salt (or to taste), and the pepper. When the beets are cooked, toss them with the dressing. Cool to room temperature.
3. Crumble blue cheese over the salad and sprinkle with almonds and parsley.



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).

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