

Newsletter, October 1 – 4, 2013

Volume 10, Issue 17



Farm News

As you've seen in the last weeks' shares, things on the farm are going quite well. The onions are curing in the hightunnel, we're about half way done with the potato harvest, and most of the fall crops are looking great. As the days shorten, it sometimes is hard

to get crops to mature on time: there's simply not enough daylight left. The head lettuce in this share shows what happens with fall greens if nature cooperates and we're able to plant timely!

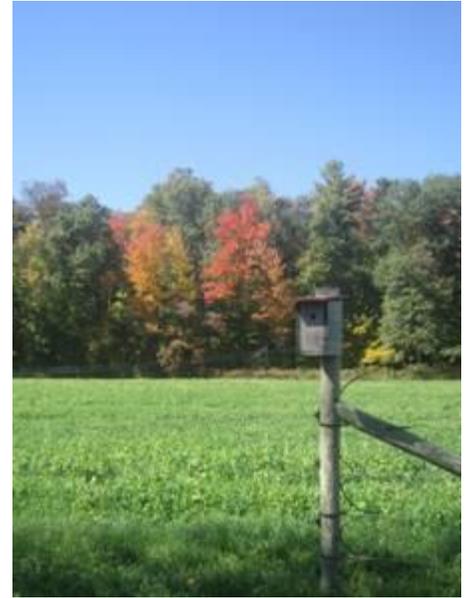
School visit: This past Wednesday about 50 high school students from Rotterdam-Mohanesen CSD visited your farm. We took them on a tour, and tried to teach them about the CSA, renewable energy, and our organic practices such as crop rotations, cover cropping and diversity. We found it's difficult to teach to 50 students at once: with a group so big, it's hard to do anything "hands-on", or have some good Q&A. But we were pleased to be the first farm some of the students ever visited!

Capital District Community Gardens (CDCG): for the past three years, we've been working with CDCG to donate the left over shares from our sites at SUNY, the Co-op and Clifton Park. For this season alone, the farm has donated almost 1,000 pounds of produce through the CDCG programs. We also donated produce to their annual "Autumn Evening in the Garden" fundraiser event, where we had the opportunity to learn more about CDCG's food accessibility programs, like the "Veggie Mobile," that brings much needed produce into food "deserts" for low-income residents to purchase for a nominal fee. We're pleased to hear that through the involvement of CDCG, CSA member donations are making a big difference.

Garlic: Well, we thought it was a good idea to go the PayPal route for ordering extra garlic, but quite a few CSA members do not agree. Nor does our website: it seems not able to handle the PayPal link reliably. So we're back to 'mail us a check'. The minimum order remains 5 pounds, for \$ 37.50 – additional pounds at \$ 7.50 each. Just indicate on the memo line "garlic". Checks are due Saturday October 5, for delivery October 8 or 11, respectively. Please make your check payable to "Fox Creek Farm". We cannot put together garlic orders for checks *received* after Oct. 5.

The 2014 CSA Season: We have finished our 2014 CSA proposal! For the first time in three years, we'll have to slightly increase the CSA share prices (~ 2.5%). The payroll expenses substantially increased this year, and the marginal increase in share price will help maintain the economic viability of the farm. We will not sell more 'Full share equivalents' than we had this year (a large share counts for 1, the medium share for 1/2). We feel that the additional land we acquired should help us to increase the opportunity for annual fallow and soil rejuvenation rather than producing more shares. Maintaining a healthy soil lets us keep growing the high quality crops you're accustomed to for the years to come.

We are offering the new shares first to our current members – we love being your farmers and would be delighted if we can grow for you and your family again next year. We will be *mailing* the 2014 membership package to our current CSA members who pick up at the SUNY and Delmar sites the week of October 7. We'll be handing you the 2014 membership packages if you're picking up at any of the other sites. One of your farmers will be in Clifton Park on October 4 and in Schenectady on October 11 (we'll be at these two sites from 4:30 to 6:00 – the pick-up time for the share remains 4 – 6). We will be in Altamont on October 18 (5:00 – 6:00). And we'll hand you over the packages at the Co-op and at the farm October 8 and 11, respectively (4:00-6:00). Completing the membership



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	

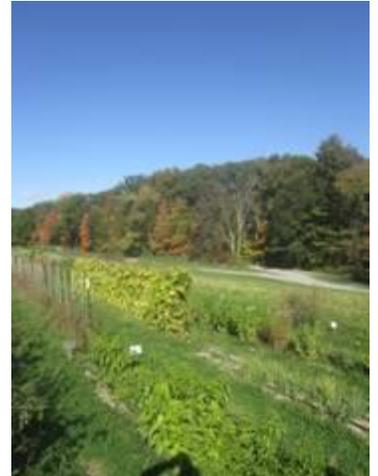
Harvesting in the U-pick garden is part of your CSA share – come anytime!

form and returning it with a \$100 deposit guarantees your continued participation in one of the premier CSA farms of the Capital District.

About this week's share: Full share members will receive red beets, potatoes, head lettuce, yellow onions and garlic. We are rotating broccoli, cauliflower, spinach, and some of the last tomatoes, summer squash, corn, eggplant, and bell, hot and sweet red peppers. As always, medium share members will be getting a variation on these items.

Your farmers,

Raymond Et Sara



RECIPE: Roasted root

This recipe is from Karin Savio. The main prep for this recipe is to cut all the vegetables into fairly equal-sized chunks, about 1"

2 medium or 1 large beet ~ peeled	2-3 potatoes
2 onions	3 medium-sized carrots
1 bulb of garlic, split into whole cloves with the skins off	
Coarse sea salt to taste	black pepper to taste
thyme	rosemary
1/3c olive oil	

Preheat oven to 375 degrees. Put all of the veggie chunks in a roasting pan and drizzle with olive oil. Sprinkle with the sea salt & fresh grated black pepper. Add a spring of rosemary and a spring of thyme, chopped. Toss everything to coat evenly. Bake until lightly browned on the outside and pierce easily with a fork ~ about 40-45 min. (cover the pan with a tray for the first 20 min or so, then uncover, scrape the bottom and stir around with a spatula so they will brown evenly.)

Pictures: front, top – Fall colors at the farm – the foliage is starting to look beautiful.
Bottom: Johanna teaching about her chickens. This page: l – r: Raymond presenting at the high school farm tour – Jean, Teresa and Angelica clipping onions, fall foliage, continued.

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

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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).