



Newsletter, October 12 - 17, 2017

Volume 14, Issue 18

Farm News

Nature is making up for the challenging growing weather it served us earlier this season. This Fall we've experienced moderate temperatures and rainfall, and so far, no killing frost! It gives a boost to the crops that wrestled themselves through this abnormal summer. We're glad you've joined us this season on the weather rollercoaster ride. While for us at times a little bit too much of a thrill, it's good to see that our small local farm still puts out lots of great produce!

Between CSA harvests and deliveries, we're working hard on putting the farm in tip-top shape for winter. A couple of fields remain to be harvested, but all others are plowed and seeded with cover crops – protecting our soils from erosion while growing some fertility for future vegetable crops. Most of our (sparsely used) irrigation system has been picked up and is in storage, awaiting a more normal summer next year.

Thank you to everyone who reserved their 2018 CSA share! Your early commitment not only helps us to bring the farm through the winter in good financial health: it does way more than that. By early January, when we finish up our farm plans for the season and start sending out our seed orders, we commit loosely to a certain size of CSA membership. By the end of February, when we start the first plants in the greenhouse, that commitment becomes even stronger. And on top of that, by early April we bring in our workers with a 75% work hour guarantee. Seeds and transplants are planted in prepared ground, not to be undone.

And while we greatly enjoy running and operating the farm, you can probably imagine that it is at times quite stressful to deal with the uncertainty around the final number of CSA members for the season. Do we have to cut plantings? Plow more or less land? Or as a last effort, try to find alternative markets for crops already planted?

So, if you are pretty sure about renewing your share for next year, you would greatly improve our quality of life by reserving a share early. It's quick and easy. Either mail us back the membership form, or visit our website and [reserve a 2018 CSA share online](#).

If you are coming through the neighborhood, stop by at the farm. Right now the foliage is looking spectacular. As the frost is holding off, flowers and herbs in the U-pick are still doing great (earlier this week we pulled out the remainder of the cherry tomatoes).

Expect some great shares in the forthcoming weeks,

Your farmers,

A handwritten signature in cursive script that reads "Raymond & Sara".



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In this week's full share:

Beets, Green or Turning Tomatoes, Lettuce, Onions, Garlic. *And* in rotation to the sites as available; **Last Peppers, Eggplant and Tomatoes, Kale, Mesclun, Spinach**

RECIPE: Small batch green tomato relish

You can keep the green tomatoes until they turn red – or cook with them. This simple relish takes a bit of waiting, but is easy to make, and for sure puts this seasonal vegetable to a good use.

Ingredients:

2 cups chopped green tomatoes
1 medium onion, chopped
1 green pepper, chopped
2 tsp salt
¼ cup sugar
1 tsp prepared mustard
2 whole cloves
¼ cup vinegar

Directions: Combine tomatoes, onion, and pepper in a bowl. Sprinkle with salt, mix, and let stand for 1 hour. Drain vegetables, and combine with sugar and mustard in sauce pan. Tie cloves in cheesecloth and add to mixture. Stir in vinegar and simmer for 20 minutes. Let cool, pack in jar, and refrigerate for us in the next few days.

RECIPE: Grilled Beet Baba Ghanoush

As you know, roasting root vegetables brings out their sugar content – changing their taste altogether. We came across this unusual recipe recently (as Baba Ghanoush traditionally is made with eggplant). Just to broaden the creativity in the kitchen!

Ingredients:

Olive oil (to drizzle)
2 pounds red beets
2 Tsp lemon juice
1 Tsp tahini (we substituted peanut butter)
1 or 2 cloves garlic
Salt and pepper to taste

Directions: Prepare grill for medium heat. Grill beets until skin is charred and the flesh is fork tender (50-60 min), turning beets occasionally. Let cool slightly, half the beets, and scoop out the flesh into food processor. Add lemon juice, tahini and garlic. Process until smooth, adjust consistency with olive oil. Adjust flavoring with salt and pepper. Serve with flatbreads or pita bread.



Pictures: *On the first page, Fall vista at the farm. And Rye seed, the one cover crop we can plant this late in the season and still expect some growth before winter. On this page, two of our workers, Barryton Henry (on the left), and Richard Brandford (on the right), bringing in lots of spinach!*

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).

