



# Newsletter, October 13 - 16, 2015

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## Farm news

What beautiful fall weather! We're counting our blessings: it is a lot easier to harvest without having to fight mud or numb fingers. Looking at the weather forecast, this Indian summer is rather short lived. Enjoy it while you can!

By now you should have received our **2016 CSA package**. Some of you already reserved their shares for next year (thank you!). If you have not made your reservation for next year, please consider doing so now. Believe it or not, our seed orders go out late December. And the first plants will be in the greenhouse by early March. Your deposit to reserve your share for next year really helps us to get the next season off to a good start.

In preparation for winter, we are gathering firewood – and as a result we are making substantial progress on reclaiming a trail through our woods. It is hard to believe that in eight years after logging things can get so obstructed and overgrown. We hope the trail will add to the charm of visiting your farm in 2016!

**Last regular harvest & winter storage share:** as planned, there will be one more regular harvest after this week (the final pick-ups for this season are October 20 and 23). We will be sending out an email this weekend to everyone who signed up for the winter storage share, reminding them to pick up that share the week following (10/27 and 10/30).

**Update from the fields:** Last week we finished the big job of planting the new garlic crop. Now we are unrolling straw bales to mulch the 1/3 acre. By the end of the week this dusty job should be done. Rest assured we will call on you next July for the garlic harvest party!

We are getting better in the timing of the cover crop plantings – and as a result a lot of the fields are looking healthy and green, putting on lots of growth before the weather really turns to winter. This is good for protection of our 'dirt', but also a great source of organic matter for crops that will follow.

The remaining fall crops are looking great, and as a result, expect a rather heavy haul this week.

Your farmers,

*Raymond & Sara*

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**In this week's  
full share:**

**Garlic, Potatoes,  
Onions, Lettuce,  
Beets, Savoy Cabbage**

**And in rotation:**

**Swiss chard, Kale  
and Winter Squash**



**In the CSA U-Pick  
garden:**

the frost will determine how  
long the U-Pick is still  
available

**Cilantro, Oregano, Thyme,  
Chives, Sage, Parsley,  
Leaf Fennel,  
Dill, Marjoram,  
Hot Pepper,  
Soup Celery, Lemon Grass**

*And flowers*

## Sweet & Sour Beets Recipe

The sweet-sour flavor make these beets hard to resist. This recipe makes about 6 servings.

### Ingredients

1-3/4 pounds whole fresh beets  
1/2 cup sugar  
1 tablespoon cornstarch  
1/4 teaspoon salt  
1/2 cup cider vinegar  
1 tablespoon butter



Directions: Place beets in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and cook for 25-30 minutes or until tender. Drain and cool slightly. Peel and quarter beets; keep warm. Meanwhile, in another large saucepan, combine the sugar, cornstarch and salt; stir in vinegar. Bring to a boil over medium heat; cook and stir for 1 minute or until thickened. Stir in marmalade and butter until melted. Reduce heat to low. Add beets; heat through.

*Pictures: first page (top to bottom) Sara packing savoy cabbage. Harvesting beets. Impressive fall foliage.  
This page: cabbage – hauling straw to mulch the garlic*

**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 1/4 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 creek Farm Road. Follow to end (if you’ve gotten to Rt. 146 off Larry Hill, you have gone 1/4 mile too far. Turn around and find Fox Creek Farm Road on your left).