



# Newsletter, October 13-17, 2016

Volume 13, Issue 19

## Farm News

Today we were disappointed to find out that the Brussels sprouts were unfit to cook due to some persistent disease. On the positive side, this is the our only substantial crop failure this year.

Sorry. But given this crop's erratic history on our farm, we may consider replacing it with something else altogether.

In contrast, our second year of growing sweet potatoes was a great success. We found an efficient way to plant the 'slips' in hills, which not only gave the crop more room to grow, it also made the harvest a lot easier. As a result, we more than tripled the yield. We hope you'll enjoy them!

Frost. We had our first hard freeze on the farm Monday night. Sara and Johanna covered the flowers in the U-pick (which are still surprisingly vibrant), but it brought an end to the peppers, eggplant and tomatoes. Rest assured that the frost tolerant crops still out in the fields are in great shape – ready to be part of your share.

Around this time, you should have received our **2017 CSA package**. Please consider renewing your CSA membership for next year. Your deposit to reserve your share for next year helps us to get the next season off to a good start. And your continued commitment to support the farm and CSA is a great compliment to your farmers!

**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 24). We will be sending out an email in the week of October 17 to everyone who signed up for the winter storage share, reminding them to pick up that share the week following (10/27 and 10/31).

Meanwhile, enjoy this week's harvest,

Your farmers,

A handwritten signature in cursive script that reads 'Raymond &amp; Sara'.

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*First page: Washing and drying Red Pontiac. On the way to a little bit more tractor work. (first page and here) Fall foliage – it looks like the fall colors are close to their peak here at the farm! (all pictures by Johanna).*

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

**Sweet Potatoes, Garlic, Lettuce, Beets with Tops, Potatoes.**

*And in rotation to the sites as available;*

**Kale, Cauliflower, Spinach and the last Peppers**

*And in the U-pick (slowing down!)*

*Still a wide variety of culinary herbs and flowers*

## **Recipe: Oven Roasted Sweet Potatoes**

*A basic recipe for sweet potatoes – but you might also want to think about soups and pies (we even found recipes for sweet potato cookies).*

### **Ingredients**

4 cups chopped peeled sweet potato  
3 cloves garlic, sliced  
1 tablespoons olive oil  
1 tablespoon balsamic vinegar, or more to taste  
salt and ground black pepper to taste

**Directions:** Preheat oven to 425 degrees F. Mix sweet potatoes and garlic in a bowl. Drizzle olive oil over the mixture and toss to coat; pour into a shallow roasting pan. Roast sweet potato mixture in preheated oven, turning frequently, until soft and golden brown, 30 to 35 minutes. Drizzle balsamic vinegar over the vegetables; season with salt and pepper. Serves 4.

### **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).