

Newsletter, Oct. 14 – Oct. 17, 2014

Volume 11, Issue 19



Farm News

The first frost of the season this early Sunday morning had little effect on the crops: almost all the frost sensitive crops were already harvested, and as planned, frost tolerant crops such as spinach, lettuce and beets round off our stored vegetables this time of year. At this point we really can

nominate this growing season as having the most uneventful weather in our farming history.

Almost the last week ... as planned, *after* this week, there's one more regular CSA pick up. The week thereafter we will deliver our winter storage share. We sent you an email reminder last Sunday if you purchased this optional share.

New Fox Creek Farm CSA website. Our new farm website is now on the internet (www.foxcreekfarmcsa.com), with a much improved structure, updated pictures, and a link to the 2015 CSA membership form. If you'd like to introduce your friends to the idea of a CSA membership for the 2015 growing season, you can now simply refer them to our site. As mentioned in our last newsletter, we are continuing our membership referral program – and now split the membership referral credit between you and the new member *for this coming year's (2015) share*.

Early sign-ups: Thank you very much for your consideration to renew your CSA membership for the 2015 growing season now. We're delighted to find the first new membership forms in our mailbox. As you know, our farming enterprise does not work without your support – and with your support, you'll be bringing home another season of outstanding produce in the year to come. We hope to grow for you another season!

Healthy Food for All: We thought the Healthy Food for All project was a good idea, but we're pleasantly surprised by all the positive questions and support we are receiving for this project from our CSA membership – maybe it's better to speak of it as a *great* project! We will be sure to keep you informed of its progress.

Enjoy the bounty, your farmers,

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

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*Pictures on this page: Sara harvesting winter squash –
Carnival squash in the field – fall vista at the farm*



In this week's full share:

Carnival Winter Squash – Cut in half and bake traditionally or try our cooking whole suggestion below

Lettuce

Beets with Tops – Remember beet tops are a good substitute for cabbage in Borscht soup, nice on these chilly nights

Yellow Onions

Garlic

Kale – Nice and sweet after the frost

Potatoes

And in rotation:

Spinach

Broccoli

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



What's still in the U-Pick:

Cilantro

Chives

Parsley

Oregano

Sage

Marjoram

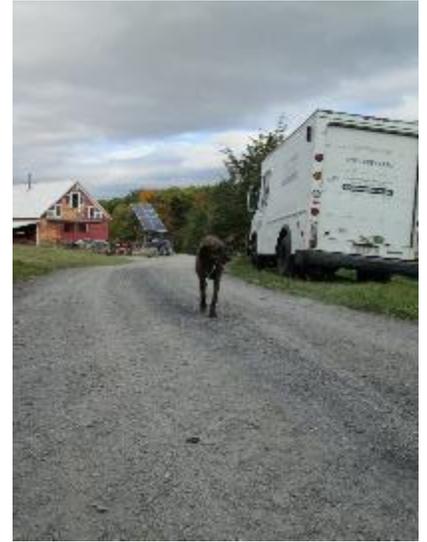
Thyme

Lemongrass

Recipe: Cooking Winter Squash in the oven

Some of the suggestions below are from <http://www.bettycrocker.com/>, others from hearing members talk about how they cook our produce. We like the idea of cooking the smaller winter squash whole to avoid difficult cutting or unnecessary peeling beforehand.

- Bake a smaller squash whole by piercing the skin with a knife in several places or by cutting it in half and removing the seeds and fibers. Place it whole, or halves with cut sides up, in an ungreased baking pan or dish.
- If baking halves, add about 1/4-inch water to the pan. Dot squash halves with butter, and sprinkle with salt and pepper.
- Bake at 350°F for 45 to 60 minutes or more, depending on the size and variety of the squash. Use fork to test for doneness (fork should slide in easily). Cool slightly before handling.
- If cooked whole, cut open and remove seeds and fibers after baking. Remove skin if needed and prepare as desired (e.g., mashing with a little butter, salt and pepper, or as an alternative, maple syrup).



*All pictures in the newsletter this week by Johanna Luhrman
and Kelley Doolin*

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).