



Newsletter, October 20-24, 2016

Volume 13, Issue 20

Farm News

This is the last newsletter of the season. While a bit west of us drought caused havoc, we were blessed with a very balanced growing season. No frost late in May. Nice stretches of dry weather alternating with decent amounts of rain. Not at all a bad year to be growing vegetables, as you saw in the shares!

Our biggest stress this growing season came with the noticeable drop in CSA membership compared to 2015. Some of you joined the CSA during the growing season and helped steer us away from an economically unsustainable situation. Thank you. Thanks also to all of you who, by the simple act of being part of our CSA, are helping to keep the farm going. Buy farm direct – it is better for you and better for the farmer!

Healthy Food for All. This growing season, we raised \$ 1,100 through our Healthy Food for All project. We used the funds to offset the cost for part if the CSA shares for some members. The funds also helped us to donate a delivery of 40 shares to the Schenectady Inner City food pantry. Let's see what 2017 brings.

On the farm, we are planting garlic, and are harvesting the last crops of the season, including the winter storage share. Almost all fields are now green with field peas and oats, or rye and clover – ready for the winter that will come. And for sure, next year, we will be back again tilling, planting, weeding and harvesting great vegetables. We hope that our produce will continue to find a way to your kitchens!

This week is the last regular CSA share for this season. Next week (10/27, 10/31) we are delivering the optional winter storage share. If you have signed up for that share, you should have received an email from us.

Thank you for your support of our farm this season. Your family farm cannot grow without you!

Your farmers,

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

Fox Creek Farm,
182 Fox Creek Farm Road, Schoharie, NY 12157
www.foxcreekfarmcsa.com , foxcreekfarmcsa@earthlink.net,
518-872-2375





First page: Carrot harvest. This page – Fox Creek Farm barn, and fall foliage

In this week's full share:

Butternut Winter Squash, Garlic, Lettuce, Nantes Carrots, Potatoes, Yellow Onions, Savoy Cabbage.

And in rotation to the sites as available; Kale, Cauliflower and Spinach

The U-pick is finished for the season

Recipe: Butternut Squash Soup

This rich soup combines a lot of CSA vegetables from this week's share. A tasty and quick dish for a cold autumn evening! (4 servings).

Ingredients

2 tbsp. butter
1 small chopped onion
1 carrot, chopped
2 cubed medium potatoes
1 medium butternut squash (cubed and peeled)
4 cups stock (you can also use $\frac{1}{2}$ water and $\frac{1}{2}$ milk)
Salt and freshly ground black pepper to taste

Directions

1. Melt the butter in a large pot, and cook the onion, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the stock (or water) to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.
2. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock (or milk)
3. . Heat thoroughly. Season with salt and pepper.

