



Newsletter, June 9 – 12, 2015

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Farm News

The first harvests are on the way! And after an extremely dry and very hot month of May, we are quite surprised to see that the crops are doing as well as they did. We pumped dry one of our irrigation ponds to come to this point – to put things in perspective, we normally change over to our second pond somewhere around mid-July. We are glad for the replenishing rain that is currently taking place.

Talk about the idiosyncrasies of the weather – by Labor Day weekend in May we woke up to below freezing temperatures. How tempted we were to start on an early planting of frost sensitive crops in the field – cucumbers, squash, and tomatoes. And how glad we were to have held off. It would have been a total loss!

That brings us to the eating-in-season adventure that comes with CSA membership. Our first shares will be heavy on the greens – lettuce, mesclun, pac choi, etc. All crops that grow fast, and can stand a reasonable amount of frost. Rest assured, the make-up of the shares will change soon enough – we even are experimenting with summer squash in one of our hightunnels, and you may see those messengers of warmer weather appear at your site much earlier than expected.

Welcome to the farm: visit anytime, but respect some rules! All the food that is part of your share is grown here at the farm. Your working farm is truly a beautiful place to visit, and you can come anytime: no appointments necessary. Directions to the farm are at the end of this newsletter. But when visiting the farm, please keep the following in mind:

- All our fences are electric. They keep the deer and groundhogs out, and touching the fence really hurts. Just ask Raymond.
- We are greatly dependent on our farm machinery, and most of it is very heavy and can move or fall over. Therefore, we don't allow climbing on our equipment (we have a pretty cool play fort and tire swing instead).
- You can walk by the fields, but please stay on the grass.
- Children need to be supervised at all times.
- We recently upgraded our irrigation system, and are now able to run it at 60 PSI. Please don't walk on our irrigation hoses.
- For insurance reasons, we cannot allow swimming or wading in the ponds.
- Dogs are only allowed on-leash only. Clean-up after your dog.

Wash your produce! The produce from the farm needs to be washed before consumption. Where needed, we will dunk the produce in our potable well water to remove the field heat (and increase the shelf-life), but by no means do we claim to provide you with produce ready to eat.

U-pick garden: the herbs, flowers and cherry tomatoes in the U-pick are planted, but they are not yet ready for harvest. We'll announce any crop ready for harvest in this newsletter.

Enjoy the first harvest of the season,
your farmers,

Raymond Et Sara



In this week's full share:

Lettuce
Mesclun
Garlic scallions (a.k.a. green garlic)
Pac choi (a.k.a. Bok Choy)
Radishes

And in rotation:

Greenhouse Summer squash

Harvest notes:

Due to the abnormal weather in May, the Pac Choi got a little leaf-burn: it simply got way too warm. Sorry for that – just cut off any burnt pieces and enjoy the rest! Below are two great recipes to give this, for some not so common, vegetable a try.

Garlic scallions (or green garlic) are immature garlic plants. Use them as you would use scallions (and expect a mild garlic flavor), or use it finely chopped as you would use a garlic clove.

Sesame Crepes with Stir-Fried Pac Choi

This recipe has been adapted from *Local Flavors* by Deborah Madison. If you have a recipe to share, please send it our way (e-mail preferred). We'll hold onto recipes for vegetables harvested later in the season.

1 T sesame or peanut oil
1 T vegetable oil, plus extra for the pan
1 cup water
¾ cup milk
½ tsp salt
3 eggs
1 cup flour
¼ cup black or white sesame seeds

1 medium onion (or substitute some garlic scallions)
1 medium head Pac choi
salt to taste
2 T peanut oil, or other vegetable oil

To make the crepes, combine first 6 ingredients in a blender on high speed. Add the flour and blend briefly, then set aside. Toast the sesame seeds and set aside. Heat a 9" pan with a little vegetable oil, then add 1/3 cup batter and swirl it around the pan. Scatter some sesame seeds on top and cook until golden on the bottom, about one minute. Loosen the crepe, flip it over, and cook the other side until it's dry, then slide it onto a plate. Continue making all the crepes. Wrap the stacked crepes in foil and put in a warmed oven. Now sauté the finely chopped onion in the peanut oil until translucent. Chop the Pac choi stems into ¼" pieces, add to the onions and continue to cook until tender. Add chopped green tops and cook until just done. Season with salt to taste and put in serving dish. Each person can assemble their own crepe stuffed with the Pac choi stir fry. Enjoy.



The Family Farm 4-H Club meets at the farm, and brought home their first harvest of the season!

The pictures on the front of the newsletter are by Johanna – showing you some of the work involved in planting winter squash and pumpkins.

Simple miso, tofu and mushroom ramen

Ingredients

2½ pints water
2 tbsp dark soy sauce, plus extra to serve
1 vegetable stock cube
4 tbsp brown miso paste
7oz medium dried egg noodles
1 pound pack firm tofu, drained, dried, cut into 8 rectangular slices
2-3 tsp sunflower oil
4 large eggs, hard boiled
5oz mushrooms, thinly sliced
1 medium pac choy, roots trimmed, leaves separated and washed
2 garlic scallions, very thinly sliced
2oz roasted cashew nuts, roughly chopped (optional)

Preparation method

1. Combine the water with soy sauce, miso and stock and stir until the stock cube has dissolved.
2. Meanwhile, prepare the noodles until just tender, stirring occasionally to break up the strands. Drain well, then rinse under running water until cold.
3. Heat 2 teaspoons of the oil in a large frying pan over a medium heat. Add the tofu pieces and fry carefully for 3-4 minutes on each side, or until pale golden-brown on both sides. Turn off the heat but keep the tofu stays warm.
5. Stir the noodles into soy/water/miso mix and bring to the boil. Reduce the heat until the mixture is simmering, add the mushrooms and pak choy and continue to simmer for a further 2-3 minutes. Stir in the finely diced garlic scallions, remove from the heat.
6. Peel the eggs, and cut in half.
7. Divide the broth, noodles and vegetables between 4 serving bowls. Top with the tofu and eggs. Sprinkle over the cashew nuts. Season with extra soy sauce.

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).

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