



# Newsletter, June 11-14, 2013

Volume 10, Issue 1

## Farm News

Volume 10? Welcome to our 10<sup>th</sup> CSA season! This year we're starting off with almost 350 shares supporting our family farm, and it is great to experience this strong interest in local produce.

As you probably can imagine, our farming season started way before this first harvest. Sara planted the first onions in the greenhouse by early March, followed by seeding in the fields in April. We've experienced a relatively cold spring which took its toll on the germination of some crops, and slowed down others to unprecedented levels. There's also been a lot of rain over the past month. Gratefully, we were able to take advantage of the little windows when the fields dried enough to get the tractors out to till, seed and transplant, keeping all plantings on schedule. The rain also left the old pond filled to capacity, and continues to fill the new one. It's hard to imagine that last year at this time we were in the second week of what would be a 6 week period without any rain. It keeps farming interesting!

A few years ago we had major issues with deer visiting our farm. We built a fence and since then, that issue resolved. This year, however, we are seeing substantial losses in our early brassicas (broccoli, cabbage) due to woodchucks. We're in the process of adding wires to our electric fences but that being said, the damage has been done. We've been able to replant for later harvests, and fortunately, we don't grow just broccoli or cabbage. Most of the other crops are looking great. We're quite sure that our outstanding care for all other crops will make up for the losses – one of the built-in features of a CSA farm!

This year is the first year we're working with the H2A visa program. Over the past years, we've experienced an increasing problem finding local people with any kind of farming experience willing to work at our farm. The federal H2A program allows the farm to petition for work visas, after both the NYS and US Department of Labor have determined that a qualified local workforce is not available. Currently, besides ourselves, we have two full time Mexican workers (Teresa and Angelica), and our local part-time staff (Jean, and by the end of the month, also Karin). The farm pays for travel and the housing of the H2A workers, and as part of the program, now pays all our workers the so called 'Adverse Effect Wage Rate' of \$ 10.91 per hour.

**Member responsibilities:** Every year we receive calls and emails about missed shares. As a member of Fox Creek Farm CSA your responsibility to *pick up your produce weekly on time at the site you signed up for on the membership form*. We cannot "hold over" your share, and after 6:00 it is donated to the charity working with that site. And as the CSA is our only market, we are not able to make up for missed shares: there's simply not enough produce to go around. You can, however, always have someone else pick up your vegetables, and don't have to contact us about this.

**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 we claim to provide you with produce ready to eat.

**Farm visits:** Please feel free to come and visit your farm! We have an 'open door policy': you can come anytime, no calls necessary. Come and see your beautiful farm – but please acknowledge the following rules for you and your guests: Stay clear of the electric fences; remain out of the planted fields; no swimming in the pond; supervise children; no



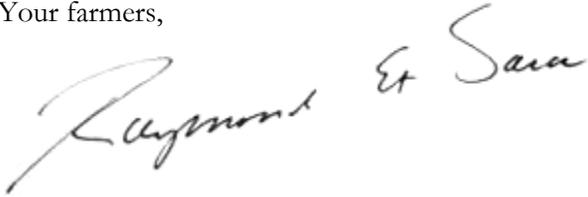
climbing on equipment or woodpiles; lastly, due to our livestock, dogs need to be on a leash (and you need to clean up after your dog). Directions to the farm are on the last page of this newsletter.

## Farm Tour, Saturday June 29, 4:00 to 5:00 PM

Any questions about our vegetable production? Curious how your farm looks? We invite you to tour the farm with us on Saturday, June 29. Our tour starts at 4:00 and will take about one hour. A great opportunity to meet your farmers and learn what our small family farm is all about.

**About this week's share:** Full share members will receive spinach, garlic scallions, Butterhead lettuce and mesclun salad mix. We are rotating the first radish and Pac choi. Garlic scallions are mild baby garlic plants. Best cooked but also good minced fine and used fresh anywhere you'd use regular garlic, clean them as you would regular scallions. Pac choi (a.k.a., bok choy) can be used fresh as salad or cooked, like in stir-fry. Please note that our produce cooks *very* quickly because it is so fresh (recipe cooking times often have to be cut in half). Please note that Medium share members will be getting a variation on these items. We have planned for medium shares to get about half the produce over the season, by splitting crop portions, rotating others for half the time of Full shares, or by getting some crops (e.g., Pac choi), and not getting others (e.g., green cabbage).

Your farmers,



### RECIPES

#### Salad dressing: classic vinaigrette (yield: ¼ cup)

1 Tsp. balsamic, herbal, raspberry, sherry or wine vinegar  
1 garlic scallion, minced  
½ Tsp. Dijon mustard  
3 Tsp. extra-virgin olive oil  
Salt and black pepper

Combine vinegar, garlic and mustard in a small bowl. Whisk until smooth. Pour in the oil slowly while constantly whisking, until the oil is fully incorporated. Season with salt and pepper. Use immediately.

#### Salad dressing: Catalina dressing (sweet & sour, 1 ¼ cup)

½ cup ketchup  
1/3 cup water  
3 Tsp. red wine vinegar  
2 Tsp. extra virgin olive oil  
2 Tsp. sugar  
2 garlic scallions, minced  
Salt and black pepper

Combine all ingredients in a blender until smooth. Adjust seasoning to taste.

## Isfanakh Fatira (Spinach Pancake)

This Middle-eastern dish is neither a frittata nor crepe. It's a pale green spinach and egg pancake (*adapted from Greene on Greens & Grains, Tess Press, 1984*).

4 Tsp. unsalted butter  
4 garlic scallions, chopped fine  
½ pound spinach, washed, trimmed of stems, chopped  
3 eggs  
Salt and black pepper  
Sour cream or yogurt

Melt 3 Tsp. of butter in a medium skillet over med-low heat. Add scallions. Cook, stirring constantly, 2 minutes. Add spinach and cook, covered, until spinach starts to wilt. Remove cover and continue to cook for 2 minutes more, stirring every now and then.

Beat the eggs in a large bowl until light. Beat in the spinach mixture. Add salt and pepper to taste. Melt the remaining 1 Tsp of butter in a 10 inch heavy skillet. Pour in the spinach mixture. Cook for about 10 minutes (covered) on low.

Loosen the edges of the pancake with a spatula and turn it out onto a serving plate – serve with sour cream or yoghurt (Serves 2 to 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 Duanesburg. 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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