

Newsletter, June 23 – 26, 2015

Volume 12, Issue 3



Farm News

Welcome to summer! The long daylight certainly is good for vegetables out in the field. Add to that the relatively warm temperatures and ample moisture, and you can probably imagine the vegetables out in the field growing at a very rapid pace. And with the regular rains, we have not irrigated from the ponds for the last 3 weeks ... water-wise, we're in good shape for the to-be-expected summer dry spell!

The light, warmth and moisture also has its effects on the weeds. We try to keep the weeds at bay with crop rotations and fallows, false seed bedding, mechanical (tractor) cultivation, and finally, hand weeding. Our weed control is continuously improving – 'timing is everything'. Although it may seem weird to go out to weed a field that at first appears weed-free, it's much easier to terminate weeds that just germinated (and are hardly visible) than to wait until they are very obvious.

Where does the produce in your share come from? At one of our sites, some folks were wondering where the mesclun salad mix came from – well, it's grown right here at the farm. We seed mixed lettuce, and a mixed greens (kale, arugula, Asian greens) planting. We harvest the two groups separately, cool and mix it in our tub in the barn, spin it dry, and sort it over. The result is the salad mix that is in the share.

As a matter of fact, we always have been growing, harvesting and packing all the produce that is part of the share. We don't buy and repack from other producers. This enables us to keep a very close eye on the quality of the produce that goes out. We also distribute all our produce within 150 miles from the farm. Those two facts brings us already in compliance with the new FDA rules that will start to go in effect next year: the Food Safety Modernization Act (FSMA for short).

Farm Tour, Saturday June 26, 10:00AM

We would like to invite you to the farm for our early season tour – meet your farmers, take a ride on the hay wagon, and see where and how we grow your produce! We'll start with a short Q&A in the barn at 10:00, and then continue for a ride around the farm at 10:15 – tour ends approximately at 11:00. Directions to the farm are at the end of this Newsletter.

Do you pick your produce up on Friday? As next Friday, July 3, is a National holiday, we are changing that pick-up for one time to Thursday, July 2. Please mark your calendar!

Your farmers,

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

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Cultivating potatoes with hillers on our Farmall Cub, and weeding sweet corn with the '48 Allis Chalmers G. See our Facebook page for a short video!

In this week's full share:

Spinach
Mesclun
Edible-podded Peas

And in rotation:

Greenhouse Summer squash
Broccoli
Kale
Green Leaf Lettuce
Radishes
Parsley
Garlic Scapes

Harvest Notes:

Garlic Scapes are the flower of the garlic. When immature, the flower bulb and stem can be eaten. Later both bulb and the yellowing end of the stem should be broken off like asparagus (where it snaps easily). Usually scapes are eaten cooked wherever garlic is needed. Very mild, one scape is equal to about one clove of cured garlic. One can even throw them on the grill and eat them whole! If minced fine they can be eaten raw.



This weekend we got the roof on the farm worker house – with a little help of our friends!

RECIPE: Baked Kale Chips

One of our CSA members brought this kale recipe to our attention – many varieties of this theme exist on the internet, and below is one of our picks. Just Google “Kale” and you’ll see that it’s making a strong **comeback!**

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon salt

Directions

1. Preheat an oven to 350 degrees F. Line a non insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale. Drizzle kale with olive oil and sprinkle with salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.



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)