

Newsletter, June 24-27, 2014

Volume 11, Issue 3



Farm News

Welcome to summer! Your farm is doing well – crops are growing as expected, rains come (and go), and all plantings remain on schedule. As always, we start off heavy on the greens, as those crops are cold

hardy and grow fast, but starting this week, you'll notice an increase in the diversity of the shares. We'll start harvesting the first peas, and by the end of the week we hope to add summer squash to our lists, too.

Who is behind the growing and harvesting of all this great produce this year? Your farmers, Sara and Raymond Luhrman (and Johanna), as well as Angelica Solis Najera (back from Zacateca, Mexico, to work with us for her second season), Ana Clara Garcia Ramirez (also from Zacateca), Jean Forti, and Karin Savio.

On the issue of share content predictability: Some members have asked us to be more specific about the content of the shares than we have been in the newsletters. Unfortunately, we cannot. There are various reasons for this. Most importantly, we harvest our crops at their peak – which means that for example this week; we may be able to offer summer squash to some sites on Friday, but it depends on the weather. Also, when we started our CSA 11 years ago, we decided that we would give our members quantities of produce they can cook with. For example, when we start harvesting green beans, we'll have to rotate them to the sites. Add to those considerations that we currently have seven pick-up sites, with full and medium shares at each, and it makes it very hard (if not impossible) to make exact predictions of the content of each type of share at each site. That said, Sara keeps meticulous notes about the rotations – to assure that over the season every CSA member gets their fair share of the harvests. We hope your CSA share may take you on enjoyable culinary adventures!

The 4th of July is on Friday ... So there's no pick-up on Friday, July 4th, but instead on Thursday, July 3rd (with the next pick-up again as scheduled on Friday, July 11th).

Farm tour, Saturday, June 28. We'll take you on a tour of your farm for about an hour, show you how we grow the crops and visit with the cows and chickens. We either walk or take the hay wagon, and start at 10:00 AM *sharp*. Meet at the barn. Directions to the farm are on the end of this newsletter.

Share availability: Although the harvest season has started, we still have a couple of shares available. Please refer your friends to our website, www.foxcreekfarmcsa.com for more information.

Enjoy this week's harvest!

Your farmers,

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



Top: The people behind Fox Creek Farm: left to right, Raymond, Sara, Johanna (and Clover), Angelica, Ana Clara, and Jean (Karin is missing). Bottom: the pole peas are exceeding our expectations this year!.

In this week's full share:

Lettuce: butterhead

Mesclun: our signature 'spring salad mix', with baby lettuce, mizuna, kale, arugula, tatsoi and red giant mustard
Pac choi (a.k.a. bokchoy): great in all stir fries. Very mild, soaks up sauces well (see recipe below for a suggestion).

And in rotation:

Spinach

Kale: try sautéed with bacon and onion, in almost any soup, or sliced thin in salad

Swiss Chard: braise with garlic and olive oil or steam and splash a little vinegar on it

Broccoli: summer broccoli is best cooked

Edible-Podded Peas: the name says it all! Eat raw or cook for a very short time, as with all our fresh vegetables

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



Recipe: Ginger Garlic Pak Choi

1 head Pak Choi

2 inch piece ginger, sliced

3 or 4 garlic scallions, sliced

1 Tsp oil

1 Tsp corn flour or corn starch, dissolved in 1 cup water

1 Tsp Soy sauce

Salt to taste

½ Tsp sugar

1 Tsp sesame oil

Wash the pak choi well. Heat a wok. Add a little oil. Add ginger and stir fry for half a minute. Add garlic and continue to sauté. Add pak choi and toss. Blend cornflour in a little water. Add soy sauce, salt, sugar and half a cup of water to the wok and cook. Remove the pak choi pieces and place them in a serving bowl. Add cornflour to the wok and cook till the sauce thickens. Pour over the pak choi. Drizzle sesame oil and serve hot with steamed rice.

Calendar of on-farm events, 2014

Saturday June 28, 10:00 AM	<u>Farm tour.</u> We'll take you on a tour of your farm for about an hour, show you how we grow the crops and visit with the cows and chickens. We'll either walk or take the hay wagon, and start at 10:00 AM <i>sharp</i> . Meet at the barn.
Third or fourth weekend of July, Saturday and Sunday	<u>Annual Garlic Harvest Festival.</u> This is a hands-on, fun for all event – ever harvested 24,000 heads of garlic? Exact date depends on the maturity of the crop.
Saturday, August 30	<u>Garlic work party.</u> By this time, the garlic should be dry and ready to be clipped, graded and cleaned. Another fun, sit-down, hands-on event.

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).