

Newsletter, June 25-28, 2013

Volume 10, Issue 3



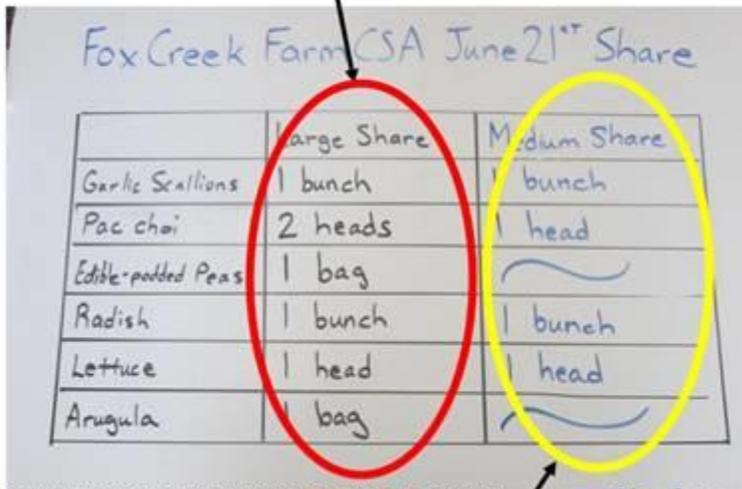
Farm News

How fortunate we were! The rain finally subsided after some drizzles while harvesting last Tuesday. By the weekend parts of our fields were still too wet to work, but we found enough dry places to catch up with plantings. Saturday we were out in force and after a very long day, we caught up with our transplanting. Sunday we caught up with our direct seeding. Phew ... we started to get a little bit worried here!

As for the effects of the rain, right now the biggest losses seem to be in the spinach (historically, this is the first crop to go in cases of excessive rain events) and pumpkins. Tomatoes, other greens, potatoes, peppers, beans, peas, carrots and so forth are fairing better. In last week's newsletter we wrote about the possible changes in our farm plan – to make up for these early season losses. We've extended our winter squash planting, and will be seeding additional Swiss chard, kale, spinach and mesclun for harvest in the late summer and fall.

Full and Medium shares: Over the past two deliveries we've heard from our workshare site helpers that we're running out of some of the produce come the end of pick-up time. As we are very careful packing the right amounts here at the farm (based on the number of people signed up for a full share or medium share by site), we think that there may be some confusion over the white-boards at the site. The white-board always has two columns: one for the Full share, one for the Medium share. Please read the sign carefully, and take only what is in the column of your CSA share size. Check on the sign-in sheets if you're unsure, and please make sure your friends who pick up your share know the difference too (our Schenectady site is organized slightly different – this may not apply to you if you pick up there).

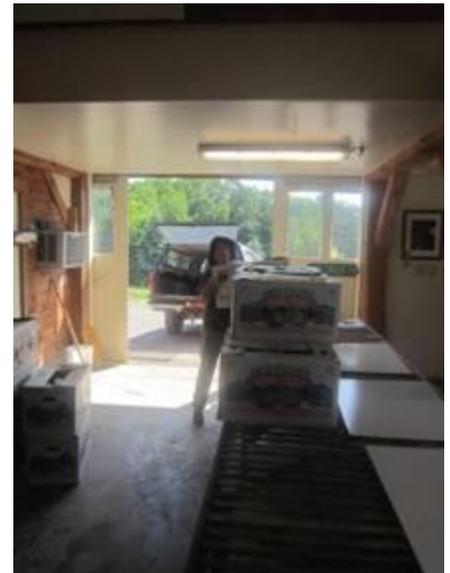
LARGE SHARE? THIS COLUMN:

A handwritten sign on a whiteboard titled "Fox Creek Farm CSA June 21st Share". It has two columns: "Large Share" and "Medium Share". The "Large Share" column is circled in red, and the "Medium Share" column is circled in yellow. An arrow points from the red circle to the text "LARGE SHARE? THIS COLUMN:" above it. Another arrow points from the yellow circle to the text "MEDIUM SHARE? THIS COLUMN ONLY:" below it.

	Large Share	Medium Share
Garlic Scallions	1 bunch	1 bunch
Pac choi	2 heads	1 head
Edible-podded Peas	1 bag	~
Radish	1 bunch	1 bunch
Lettuce	1 head	1 head
Arugula	1 bag	~

MEDIUM SHARE? THIS COLUMN ONLY:

This is the second season we're offering two different share sizes – other CSAs have tried to do the same, but had to give up because of difficulties at the pick-up sites. Please, read the sign carefully and take just what is part of *your* share. (If you would like to change from the medium to the full share, please let us know).



Fox Creek Farm CSA U-Pick: *Ready to harvest*

Thyme
Oregano
Garlic chives

Harvesting in the U-pick garden is part of your CSA share – come anytime!

Pictures: Angelica and Teresa transplanting lettuce (above) – Sara unloading the harvest from the farm truck

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 mesclun mix and edible-podded peas. We are rotating scallions, radish, arugula, parsley and lettuce. As always, medium share members will be getting a variation on these items.

Your farmers,

Raymond Et Sara

RECIPE: Arugula Hummus

A member just brought to our attention arugula hummus. Great on chips, crackers, bread or salad. This recipe has been adapted from multiple internet recipes. **Please share your favorite recipes.** (Note: emailed recipes, not websites, preferred due to our slow internet connection).

- 1 can or 1 cup chickpeas, cooked and drained
- 1/4 cup toasted pine nuts or tahini (sesame butter)
- 1/4- 1/2 cup arugula leaves
- juice of one lemon
- 3-4 tablespoons olive oil
- salt & pepper

Place all ingredients in a food processor and blend. Taste and adjust seasonings to your liking.

Farm visits: Please feel free to come and visit your farm and enjoy the free CSA member U-Pick! 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 ponds; 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: From Altamont: Follow Rte. 146 towards Gallupville. Approximately 10 miles out of Altamont, make a right on "Larry Hill". (*) Go up for 1/4 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 1/4 mile too far. Turn around and find Fox Creek Farm Road on your left).

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Pictures: Jean, Teresa and Angelica packing peas (top) – Raymond getting the transplanter ready for the field on Saturday.