



Newsletter, June 30 – July 2, 2015

Volume 12, Issue 4

Farm News

We had fun last Saturday at the farm tour – just ahead of the weekend rain storms. Johanna's 2 week old chicks were a hit with the younger members of our CSA membership, and it was great to show some of our weed-controls and succession plantings in action.

Did you know you can visit the farm any time? It's a beautiful place to walk around. We may not always be able to stop and chat, as we are on a pretty busy schedule tending to the crops right now, but don't let that stop you. If you visit, please stay on the grass and roads (don't walk through the cropped fields), and watch out for the electric deer fence! And while you are here, consider making a trip out to Schoharie and Middleburgh – to visit the historic 1743 Palatine House (a living museum in the oldest remaining house in the Schoharie valley, open Saturday and Sunday), and continue through Middleburgh to pick some berries at Bohringer's on route 30. Take the short hike up Vromans' Nose for a spectacular view of the valley.

Missed shares, vacation, substitutes and changes. Over the week we have seen an increased number of calls and emails about share pick-ups. As you know, shares that are not picked up by 6:00 PM are being donated. For most of our sites, we work with Capital Roots' Squash Hunger program – a volunteer comes and gets the left-over produce, and delivers it to one or more shelters or food pantries: rest assured, left over shares find a very good home!

As we harvest everything on the farm that's ready to go for the delivery week, with the idea that everyone will pick up their share, we don't have extra's we can pull from to make up for missed shares. If you know you cannot make the pick-up one week, make sure to find a substitute to pick up your share for you. Just give them the directions to the site: at the site we'll help them getting your share of the harvest. There's no need to let us know in advance who the substitute will be.

Site changes: some members have been asking us if they could pick up their share for one time at another site, and we have not been accommodating these requests (sorry). We have been very strict about this, because when we would start accommodating these requests we feel that we'll end up with a logistic nightmare chasing shares from one site to the other. With a 400 member CSA, we're unable to keep track of these requests – even with a conservative estimate of 10% mutations per week, we're looking at 1,600 back-and-forth changes per season. And with a very part-time administrator (one of your farmers), we simply cannot carry that burden. We appreciate your understanding!

Independence Day – Pick up your share THURSDAY JULY 2!

As Friday, July 3 is the observed Independence Day holiday this year, we have changed the pick-up (for one time only) to Thursday July 2. Same place, same time (4:00 to 6:00 PM). Don't forget: mark your calendars!

Your farmers,



In this week's full share:

Mesclun: our signature 'spring salad mix', with baby lettuce, mizuna, kale, arugula, tatsoi and red giant mustard

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

Arugula: Use straight in salad with a fruit-based dressing like raspberry vinaigrette, wilt in cooked pasta (see the recipe suggestion in this newsletter), or try our previous recipe for arugula pesto

And in rotation:

Greenhouse summer squash

Parsley

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

Broccoli: summer broccoli is best cooked

Garlic Scapes

Spinach

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.

RECIPE: Pasta with Arugola and Olives

Ingredients

1 lb pasta

2 tbs olive oil

6 garlic scapes, chopped finely

1 small red chili pepper, seeded, cored & chopped finely

About 4 cups of arugola

2 ounces olives

Grated cheese, like pecorino romano

Instructions: Cook pasta according to instructions. Strain and transfer to heated bowl. While pasta is cooking, make sauce. Heat olive oil in large skillet. Add chili pepper and garlic scallions and cook for about a minute. Add greens and olives. Cover skillet and reduce heat to low-medium. Cook until greens are wilted. Add greens/sauce to pasta, toss, top with grated cheese and serve immediately.

CSA Member U-Pick Garden: As you know, the U-pick is part of your CSA share, and you can visit anytime. Currently, some culinary herbs are available to harvest for the CSA membership. These include cilantro, oregano, thyme, and chives. And some flowers are starting to bloom. We're awaiting the wide selection of cherry tomatoes, and will keep you informed. Please follow the harvesting instructions, which you can find at the harvest box in the garden

In the CSA U-Pick garden:

Cilantro
Oregano
Thyme
Chives

And some flowers

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)