



# Newsletter, July 7-10, 2015

Volume 12, Issue 5

## Farm News

What a week was this last one... more like fall with all the rain and cold temperatures than the second week of summer. Alas, we bought ourselves another week without having to use the irrigation system and the pond, but surely lost some time towards bringing the first tomatoes to the CSA sites. Patience, patience! It is part of the adventure of CSA membership and eating what's in-season: Enjoy the share as it evolves!

We continue to be pleasantly surprised by our farm soils. Even after this very wet week, it just took one day to get the fields dry enough to go out to plant. Add to that good labor and decent equipment, and you are able to keep up with the planting schedule we put it together in the winter. So despite all the rain, we were planting lettuce July 3<sup>rd</sup>, and squeezed a couple of hours cultivating in the early hours of July 4<sup>th</sup>, before the rains resumed.

**U-pick & farm visits:** It's nice to see that some CSA members made it out to the farm this last weekend. There's no need to call – the farm is open 7 days a week, from dusk to dawn (and right now that is almost '24 hours a day'). The U-pick has some culinary herbs and flowers ready to pick: Please follow the harvesting instructions, which you can find at the harvest box in the garden. As you know, harvesting in the U-pick is part of your CSA share – there's no additional charge

**2015 Garlic harvest festival:** This is a hands-on, fun for all event – ever harvested 23,000 heads of garlic? Exact date depends on the maturity of the crop, but right now we think the weekend of July 25 will work. As this is a pretty big crop, we will work both Saturday and Sunday – we'll provide the mid-morning snack, and we hope you'll bring a dish to share for the potluck lunch. More information in the following newsletter.

**Do you usually pick up your share on Friday?** Well, now the 4<sup>th</sup> of July weekend is behind us, we are back to the regular Friday 4:00-6:00 PM schedule for the remainder of the season!

Your farmers,

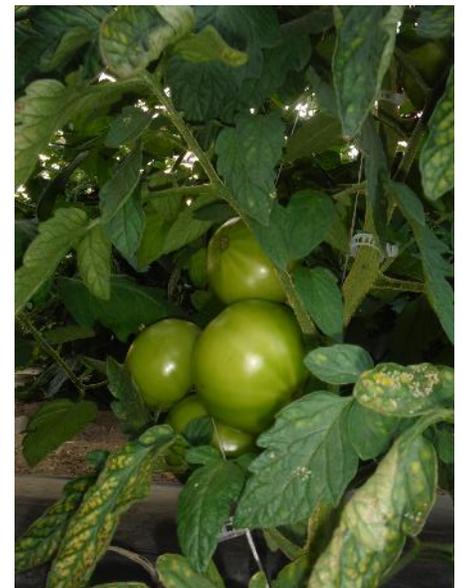
*Raymond & Sara*

Fox Creek Farm, c/o Sara and Raymond Luhrman,  
182 Fox Creek Farm Road, Schoharie, NY 12157

Phone: (518) 872-2375

[foxcreekfarmcsa@earthlink.net](mailto:foxcreekfarmcsa@earthlink.net),

[www.foxcreekfarmcsa.com](http://www.foxcreekfarmcsa.com)



*Angelica, Ana Clara and Esmeralda sorting mesclun. Field with successions of beans & lettuce. Fruit sets on our greenhouse tomatoes: now please turn red!*

### In this week's full share:

#### Baby Nantes Carrots

**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.

#### Greenhouse summer squash

#### And in rotation:

Parsley

Garlic Scapes

Scallions

### 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.

### In the CSA U-Pick garden:

Cilantro

Oregano

Thyme

Chives

Sage

Parsley

Leaf Fennel

Scallions

Dill

*And some flowers*

### RECIPE: Double Chocolate Zucchini Bread

Emily Davis shared with us this recipe that makes good use of chocolate *and* zucchini. This recipe is adapted from *'Sally's Baking Addition'*.

#### Ingredients:

1 and 1/2 cups shredded zucchini

1 cup all-purpose flour

1/2 cup natural unsweetened cocoa powder (not dutch process)

3/4 teaspoon baking soda

1/4 teaspoon baking powder

1/4 teaspoon salt

1/2 teaspoon instant coffee powder (or 1/4 teaspoon espresso powder)

3/4 cup semi-sweet or dark chocolate chips

2 large eggs

1/4 cup canola or vegetable oil

1/4 cup plain Greek yogurt or drained regular yogurt.

1/2 cup granulated sugar

1 teaspoon vanilla extract

Directions: Adjust the oven rack to the lower third position and preheat oven to 350°F (177°C). Spray a 9x5 (or 8x4) loaf pan with nonstick spray. Set aside. Place the shredded zucchini on a couple paper towels to absorb some (but not all!) moisture. Press a paper towel on top as well. Set aside. In a large bowl, whisk the flour, cocoa powder, baking soda, baking powder, salt, instant coffee, and chocolate chips together until combined. Set aside. In a medium bowl, whisk the eggs, oil, yogurt, sugar, and vanilla together until completely combined. Pour the wet ingredients into the dry ingredients and lightly whisk until combined. Using a rubber spatula or wooden spoon, fold in the zucchini. Pour/spoon batter into prepared baking pan.

Bake for 45-55 minutes or until a toothpick inserted in the center comes out clean. Emily's bread only took about 46 minutes, but do not be alarmed if yours takes longer. All ovens are different. Allow bread to cool completely in the pan set on a wire rack. Slice and serve when bread has completely cooled. Store leftover bread in an airtight container at room temperature for up to 5 days. Make ahead tip: Bread freezes well for up to 3 months. Thaw overnight in the refrigerator and allow to come to room temperature before serving.



**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)