



Newsletter, July 7 - 11, 2016

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Farm News

The farming season is in full swing. Temperatures are up, and with a little water (be it rain or irrigation), newly seeded crops appear to germinate the moment they touch the ground. Slowly but steadily we are moving away from 'just' greens. The longer season and summer crops are starting to come in!

What happens with left-over produce and unclaimed CSA shares? If there are items in the share that you don't want to bring home (or would like to take a lesser amount of), your food is not going to waste. Instead, we have been working for years with Capital Roots' Squash Hunger project and local churches to make sure that the leftovers at the sites supply people in need (in 2015, the CSA donated well over 2,000 pounds of produce). So if you are away on vacation and nobody wants to pick up your share for you (even though they are missing out on something quite special), or you don't want to take all the mesclun, your produce will be on the way to a pantry or shelter come 6:00 PM.

Garlic harvest festival. Now that we are cutting the last of the garlic scapes, it's time to start thinking about our 13th annual garlic harvest festival. It's going to be either Saturday, July 23, *or* July 30. This is a fun event for the whole family – featuring an outstanding potluck lunch – and we'll barter garlic for your help! More information and a more exact date in the following newsletter.

Fox Creek Farm CSA U-Pick garden. One of the perks of your CSA membership is the U-pick garden at the farm. At this time a wide variety of culinary herbs is ready for picking – and some flowers are starting to bloom. All we ask from you is to harvest 'for personal use within reason': our U-pick is a great resource for our membership, but remember that it is shared with over 350 other families.

Just for the record, now the 4th of July holiday is behind us, we are returning to our regular Thursday/Monday pick-up schedule. We are looking forward to seeing you!

Enjoy this week's harvest, your farmers,

Raymond & Sara



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In this week's full share:

Baby Carrots
Mesclun salad mix
Arugula
Swiss Chard

And in rotation to the sites as available;

Garlic Scapes
Lettuce
Summer squash
Kale
Basil
Parsley
Cucumber



Recipe: Garlic Scape Pesto

Laura Paris shared this recipe with us, which originally appeared in New York Times Cooking. She says, if you want to save and store the pesto for a few days, omit the basil to keep the pesto from turning dark. It's very flavorful without basil. If you are serving it over pasta, you can also omit the cheese, and add a sprinkling of parmesan separately. To turn this recipe in a very tasty and nutritious dip or spread, add roughly an equal part of cooked white beans or chickpeas to the pesto and blend in a food processor.

1 cup garlic scapes, sliced crosswise (about 10 to 12 scapes)
¼ cup raw sunflower seeds
½ cup extra virgin olive oil
¼ cup Parmesan cheese
½ cup basil leaves
Juice of one lemon
Salt

Directions: Place the garlic scapes in a food processor and pulse for 30 seconds. Add the sunflower seeds and pulse for 30 seconds. Scrape down the sides of the bowl. Add the olive oil and process on high for 15 seconds. Add the Parmesan cheese and pulse until the ingredients are combined. Add the basil and lemon juice, and process until reaching the desired consistency. Add salt to taste and serve immediately.



Recipe: Arugula vichyssoise

Jackie Haddam brought this recipe to our attention – its adapted from epicurious.com, serves two people, and has received great reviews!

¾ cup finely chopped onion
2 tablespoons olive oil
2 or 3 garlic scapes, finely chopped
1 small russet potato, peeled, grated coarse (about ¾ cup), and reserved in water to cover
2 cups broth
2 cups packed arugula, washed well and spun dry
3 tablespoons half-and-half or heavy cream
1 slice of homemade-type white bread, cut into 1/2-inch cubes
and if so desired, 1 small plum tomato, seeded and diced, for garnish

Directions: In a small heavy saucepan cook the onion with salt and pepper to taste in 1 tablespoon of the oil over moderate heat, stirring, until it is softened, add the garlic scapes, the potato, drained, and the broth, and simmer the mixture, covered, for 8 to 10 minutes, or until the potato is very soft. Stir in the arugula, simmer the mixture, covered, for 1 minute, and in a blender purée it in batches for 2 minutes, or until it is completely smooth. Transfer the purée to a metal bowl set in a larger bowl of ice and cold water, stir in the half-and half, and chill the soup, stirring occasionally, for 10 minutes, or until it is cold.

While the soup is chilling, in small heavy skillet cook the bread cubes in the remaining 1 tablespoon over moderate heat, stirring, until they are browned, transfer the croutons to paper towels, and season them with salt. Divide the soup between 2 bowls and top it with the croutons and the tomato.



Pictures (page 1): Irrigation. Upick garden and herbs. Page 2. We are keeping a close eye on those tomatoes. Garlic scapes. This page: Raymond and Richard harvesting. All pictures by Johanna.

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).