

Newsletter, July 8 – 11, 2014

Volume 11, Issue 5



Farm News

By now, the farm is really picking up production. The on-and-off rain and thunderstorms, in combination with the very warm weather makes everything grow very fast. So far, we still managed to navigate through the storms to get everything planted in a timely manner. It speaks for our farm crew, the decent, well-drained land, as well as scale appropriate farm equipment.

One of our workshare helpers, Regina Tillman, is also the co-coordinator for the Schoharie Valley Farm to School Program. The newspaper article in this newsletter about the farm tour for the 3rd and 4th grade classes from Coblekill-Richmondville CSD is one of the outcomes of her (volunteer) work. This Sunday, July 13, she has organized a fundraiser "Garden Stroll and Art Opening" at Wellington's Herbs and Spices (12 – 4 PM). For more information, visit www.wellingtonsherbsandspices.com (and while you'd be out in this direction, don't forget to visit the CSA member U-pick!

Garlic harvest festival: as of today, we are still looking at the last weekend of July for the harvest of the 24,000 heads of garlic currently maturing. We'll keep a close eye on the development of the crop, and firm up the date for this great hands-on farm work party with the next newsletter.

Your farmers,

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

Calendar of on-farm events, 2014	
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, but right now we think July 26/27 will work.
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.
Mid to late September	Farm tour event – come see how the farm looks just ahead of fall. Details to follow.



Between Monday's rain and thunderstorms, we managed to transplant another succession of corn, and seeded more beans, beets and carrots

Fox Creek Farm, c/o Sara and Raymond Luhrman, 182 Fox Creek Farm Road, Schoharie, NY 12157
Phone: (518) 872-2375 // foxcreekfarmcsa@earthlink.net // www.foxcreekfarmcsa.com

In this week's full share:

Red Summer Crisp Lettuce

Edible-Podded Peas: Eat raw or cook for a very short time, as with all our fresh vegetables.

Summer Squash: We grow several varieties including traditional green and yellow zucchinis, yellow and green pear shaped summer squash, large striped heirloom Costata Romanesca, and Cousa Lebanese light green squash.

Don't forget your grill!

Scallions

And in rotation:

Garlic Scapes: the mild and tasty flower of the garlic. Break off both ends where it snaps as you would asparagus. Use as garlic, one scape = about one clove. Grill whole, chop and put in pasta sauce, or mince to add to salad dressing raw.

Basil and Parsley: Get ready for pesto!

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

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



rd.
mi-
ce,
kly
”
l to
ad-
eir
by
will
ri-
rn
on
is
ie
or
to
ni-
ig
Y
as
ig
Y
n-
n.
a
of
o
d
d
e-
e
it
r

Radez essays win kids trip to Fox Creek Farm

Third- and fourth-graders from Cobleskill-Richmondville's Radez School spent June 11 on the farm, thanks to the Schoharie Valley Farm to School Project of Cornell Cooperative Extension, Fox Creek Farm, and Farm Family Insurance.

Third graders in Debra Henry's class at Radez won the farm visit; they invited along fourth-graders from William Beekman's class.

Eligible classrooms were those in school districts that participated in the Farm to Classroom Project and the NYS Agriculture in the Classroom-sponsored "I Love NY Ag" art and writing contest, held in April.

Fox Creek Farm owners Ray and Sara Luhrman hosted the tour, as students got an up-close view of a working farm.

Ms. Lurhman talked to students about soil quality and how plants grow and everyone took home a squash seedling.

Students also visited with cows and chickens and learned how daughter Johanna Luhrman's small egg business works.

A visit with beekeeper Jack Norray, who tends hives on the farm, rounded out the day.

"We're lucky to live in Schoharie County, so close to where our food comes from," said Mr. Beekman afterwards.

"The experience really sent home a message about the benefits of eating food that's produced locally and supports our local farmers."

Myleah Sperbeck, a student in Ms. Henry's class, was a statewide winner in the "I Love NY Ag" contest, receiving honorable mention.

Her entry will be on display at the New York State Fair in Syracuse this summer; all local entries will be displayed at the Cobleskill Sunshine Fair.



Third graders pot up their summer squash plants after learning about soil quality and mixing up this batch of potting soil by hand.



Raymond Luhrman welcomes the Radez third and fourth graders.

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 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 ¼ mile too far. Turn around and find Fox Creek Farm Road on your left).