



Newsletter, July 14 - 18, 2016

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Farm News

Great weather for growing! We had some nice rains over the weekend. Put on top of that daytime temperatures touching the 90-ies, and you can almost literally see the crops growing. As do the weeds ... remember, we are farmers, and we (particularly Raymond) need to have something to complain about!

2016 Garlic Harvest work party: we took a close look at the garlic crop, and decided to wait to the last Saturday in July for our Garlic Harvest Work Party. We invite you and your family out to the farm to give us a hand harvesting well over 20,000 garlic plants, and help to tie them in bunches so we can hang the crop to cure in our barns.

We'll start at 8:00 AM, and we are providing a mid-morning snack, coffee and tea. Potluck lunch around 12:30 – bring a dish to share, and if at all possible, your own place settings. We should be done by 4:00 PM, or at least, done enough: many hands make light work.

This is a fun event, with work to do for everyone. Come for an hour or for the day. Did we tell you that we barter cured garlic for your help? We are looking forward to seeing you!

2017 CSA members? And while we are inviting you to help with the garlic harvest on July 30, we also would like to ask you for your help with our CSA outreach. As you know, the CSA membership this year is a bit behind on our plans (even when taking into account the NYC project), and that is something we don't want to repeat in 2017. We really like growing outstanding produce for you, but we need to find ways to reach out to more people about our farm: CSA membership, the produce, the farm itself, and the farmers. Our website, the Facebook page, and membership referral do a pretty good job at that, but we feel there should be room for improvement. We're open to suggestions, ideas, tips – give us a call or send us an email!

Enjoy this week's harvest, your farmers,

Raymond Et Sara

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In this week's full share:

Beets with Tops
Scallions
Batavian Lettuce

And in rotation to the sites as available;

Summer squash
Kale
Basil
Parsley
Cucumber
Arugula
Broccoli

And in the U-pick: wide variety of culinary herbs (and some flowers are starting to bloom).



Recipe: Roasted Beet Salad with Beet Greens and Feta

Although this weather does not encourage us to turn on the oven, the sweet taste of roasted beets may be worth it! And before you discard the beet tops, this recipe (adapted from epicurious.com) incorporates the whole bunch into one delicious dish! Serves 4.

Ingredients

4 tablespoons extra-virgin olive oil
1 1/2 tablespoons red wine vinegar
1 clove garlic, minced
5 medium-large beets (about 3 inches in diameter) with greens
1 cup water
2 tablespoons chopped drained capers
1/2 cup crumbled feta cheese (about 2 ounces)

Directions

Preheat oven to 375°F. Whisk oil, vinegar and garlic in small bowl to blend. Season dressing generously with salt and pepper. Cut green tops off beets; reserve tops. Arrange beets in single layer in 13x9x2-inch baking dish; add 1 cup water. Cover; bake until beets are tender when pierced with knife, about 1 hour 10 minutes. Peel beets while warm. Cut beets in half and slice thinly. Transfer to large bowl. Mix in capers and 1/4 cup dressing. Season with salt and pepper.

Cut stems off beet greens; discard stems. Wash greens. Transfer greens, with some water still clinging to leaves, to large pot. Stir over high heat until just wilted but still bright green, about 4 minutes. Drain greens; squeeze out excess moisture. Cool; chop coarsely.

Transfer greens to medium bowl. Toss with enough dressing to coat. Season to taste with salt and pepper. Arrange beets in center of platter. Surround with greens; sprinkle with feta. Drizzle with any remaining dressing.

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).