

Newsletter, July 16 – 19, 2013

Volume 10, Issue 6



Farm News

The weather finally is starting to look a bit more normal for this time of year – a good stretch of dry weather gives us the opportunity to get our tillage and planting done without being interrupted by the torrential late afternoon rains. And with the pond full to capacity, we don't mind running the irrigation. Welcome, summer!

As you'll be able to see in the shares this week (and for the weeks to come), we are moving into later season crops – the summer squash has been at all sites now, we are starting to pick cucumbers and green beans, and we are harvesting some very nicely sized summer beets with tops as part of this share. Last week we harvested the final peas of the season – it's simply too hot outside for certain crops. We hope you're enjoying the adventure of eating local and in-season!

11th Garlic Harvest Festival: July 27-28

We have sample-harvesting the garlic and concluded that we'll harvest this year's crop the weekend of July 27 and 28. As many of you know, this is a fun, hands-on farm experience for everyone - pulling garlic from the field, gathering and tying bunches, and hanging the garlic to dry in the shed and new barn. And above that, we barter our outstanding Fox Creek Farm garlic in exchange for your help!

Both days, we'll start at 9:00 AM, with a snack break around 10:45, and an outstanding potluck lunch about 12:30 PM. On Saturday, we will tie the last bunch at 5:00 PM – on Sunday we'll go until the work is done. Come as fits you: for the day, or for a couple of hours – and don't forget to enjoy the U-pick while you are here!

Please bring a dish to share for the potluck lunch, place settings, and your favorite beverages – we'll provide for the mid-morning snack, coffee and tea. And don't forget to bring clothes that you don't mind getting "a little" dirty.

The exchange box – How it works: If you want to trade an item *from your share* for *what's in the blue box* – please do so! We ask only that one exchanges the whole (full or medium) share amount of that vegetable. As we all have different tastes, this is a good way to get what you want, which is why we started it. Please don't, however, ever take anything from the other boxes that is not your share, even if there's nothing you want in the blue box.

About this week's share: Full share members will receive romaine lettuce, summer squash, green beans and beets with tops. We are rotating parsley and basil (it's pesto time!), cilantro and our first cucumbers. The tops of beets are rich in vitamins and can be used like Swiss chard. We recommend sautéing with garlic and olive oil for a side dish, Green and Beans over pasta, or as a substitute for cabbage in Borscht. As always, medium share members will be getting a variation on these items.

Your farmers,

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

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Fox Creek Farm CSA U-Pick: *Ready to harvest*

Thyme	Basil
Oregano	Chervil
Garlic chives	Marjoram
Cilantro	Parsley
Leaf fennel	Savory
Flowers	Sunflowers

*Harvesting in the U-pick garden is
part of your CSA share – come
anytime!*

Pictures: Jean, Teresa and Angelica packing peas (top) –

Green Beans or Summer Squash Mexicana

Angelica and Teresa shared a versatile recipe from Mexico that uses cilantro. They say you can use beans or squash, and adjust the quantities and piece size of all to your own taste. **Please share your favorite recipes.** (Note: emailed recipes, not websites, preferred due to our slow internet connection).

- Green beans or summer squash
- Onions
- Tomatoes (optional)
- Cilantro
- Cooking oil
- Salt

Cut up beans or squash and steam until crisp tender, about 5 minutes. Add a little salt and set aside. In a large pan, heat oil and sauté the chopped onions. Dice tomatoes and add to onions and cook about 3-5 minutes. Add beans and heat through. Then add fresh chopped cilantro, mix and serve.



Farm visits: Please feel free to come and visit your farm and enjoy the free CSA member U-Pick! We have an ‘open door policy’: you can come anytime, no calls necessary. Come and see your beautiful farm – but please acknowledge the following rules for you and your guests: Stay clear of the electric fences; remain out of the planted fields; no swimming in the ponds; supervise children; no climbing on equipment or woodpiles; lastly, due to our livestock, dogs need to be on a leash (and you need to clean up after your dog).

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).



Pictures (front): Tomatoes are really taking off in the high tunnels – Still lots of transplants getting ready to be planted – (Back) Our new ‘U-Pick’ garden sign (it’s part of your CSA share, really!) Farm crew hard at work for last Tuesday’s harvest (Karin, Teresa, Raymond, Angelica).