



Newsletter, July 21-24, 2015

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Farm News

This weekend: 2015 Garlic Harvest Festival, Saturday, July 25, and Sunday, July 26 "Rain or Shine"

The garlic is ready to harvest. We planted close to half of an acre, and by means of our annual garlic harvest festival we'll make short work of moving the 23,000 heads from the field to the barns! We could use your help. This is a great hands-on event, with jobs for everyone!

We'll start on Saturday at 8:30 AM, and go to 5:00 PM. Come anytime, but if you are here at 8:30, you can catch a ride on the hay wagon to the field. We provide for the mid-morning snack, coffee, and tea. The morning work plan is to pull garlic out in the field. Around 12:30, we'll break for the potluck lunch. Bring a dish to share, some place settings, your own beverage, and enjoy great cookery of other CSA members. In the afternoon, we'll tie the garlic in bunches in the barn to hang it to cure.

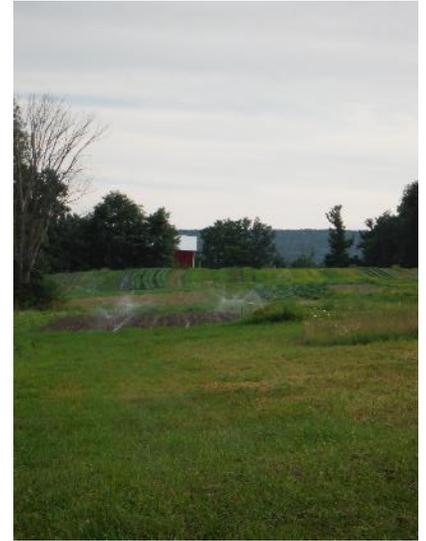
We continue the harvest on Sunday, starting at 9:00 AM until done ... same mid-morning break and potluck lunch, but hopefully ending around 2:00.

This is a fun, hands-on event - did we tell you yet about the garlic barter? We trade cured garlic in exchange for your help!

If you come, don't forget to bring sturdy shoes – due to our crop rotations, it's quite a hike from the barn to the garlic (see the picture below). And if you are packing anyways, bring a water bottle, too. Gloves also make tying bunches much easier!



Update from the fields: The farm fields are looking very good. We're staying well ahead of the weeds – did we finally find the right balance between mechanical cultivation and hand-weeding? The frequent rains of last month gave us a break from irrigating the crops, and left us with a very good supply of water in the pond. That's just what we need now when the temperatures are well in the 80-ies with little precipitation in the forecast! And although



there's a lot of buzz about the late blight (again), there are no signs of this dreaded fungal disease in our potato or tomato crop at this time (phew!). The organically approved copper spray is working!

Enjoy this week's harvest,

Your farmers,

Raymond Et Sara

In this week's full share:

Chantenay Carrots
Romaine Lettuce
Green Beans
Summer squash

And in rotation:

Basil
Parsley
Broccoli
Eggplant
Bell Pepper
Kale



In the CSA U-Pick

garden: the U-pick is part of your CSA share – there's no additional charge.

Cilantro
Oregano
Thyme
Chives
Sage
Parsley
Leaf Fennel
Scallions
Dill
Marjoram
Basil
Hot Pepper

And some flowers

Recipe: Green Beans with Almond-and-Lemon Brown Butter

Green Beans are good plain, but here's something different to try from Sara Quessenberry. We're missing your recipe submissions! Please share your favorites with us and we'll post them when we have the veggies to match.

1 pound green beans, trimmed
4 tablespoons unsalted butter
2 teaspoons fresh lemon juice
1/4 cup unsalted roasted almonds, chopped
1/4 teaspoon salt

1. Bring a large pot of salted water to a boil. Add the green beans and cook until just tender, 2 to 4 minutes. Drain and transfer to a serving bowl.
2. Meanwhile, brown the butter: Melt the butter in a skillet or small saucepan over medium heat. Swirl or stir the butter with a wooden spoon as it starts to foam and sputter. Remove the butter from the heat as soon as it begins to turn golden brown and smells nutty, about 1 minute.
3. Add the lemon juice, almonds, and salt. Swirl skillet over heat for 30 seconds more to toast the almonds. Spoon the mixture over the green beans.

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)



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