



# Newsletter, July 21 - 25, 2016

Volume 13, Issue 7

## Farm News

**2016 Garlic Harvest work party: Saturday, July 30.** The garlic is ready for harvest. We pulled some heads throughout the field, and right now it appears that we will be harvesting bigger heads than last year! We invite you and your family out to the farm to give us a hand. This is a great opportunity to visit your farm, work with other CSA members (and your farmers), and be amazed at how much can be done when we are pulling together.

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.

There will be 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!

**“When Community-Supported Agriculture Is Not What It Seems”.** In the last newsletter we touched on the fact that our 2016 CSA membership is lower than we expected. We were thinking that a lot of prospective CSA members are attracted by the heavily advertised broker/aggregator type operations. These middlemen, like Field Goods, replace the direct relationship between the farmer and consumer.

“When Community-Supported Agriculture Is Not What It Seems” is an article by Julia Moskin, published in the New York Times on July 19. We think it is a very good read towards a better understanding of the developing ‘Local agriculture’ movement – which, if left unchecked, again will bring undue economic hardship to smaller family farms like yours. If you would be looking for another rationale for being part of our wonderful CSA, this article is mandatory reading to our humble opinion!

**Visit your farm!** If you have a chance, take a drive out to wonderful Schoharie and visit the farm. The U-pick garden is full with herbs and flowers. Enjoy the tranquility, walk the fields, take in the landscape. It's yours to visit anytime, no appointment necessary. We're 40 minutes from Albany, and 50 from Clifton Park – and maybe add an outing into Schoharie county to your trip. We could suggest the 1743 Palatine House in Schoharie, a hike to the top of Vroman's Nose in Middleburgh, or a swim in the Olympic sized free pool at Minekill State Park in Gilboa.

Enjoy this week's harvest, your farmers,

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

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### In this week's full share:

**Carrots, Tendersweet Cabbage,  
Lettuce**

*And in rotation to the sites as  
available;*

**Green Beans, Scallions, Basil,  
Parsley, Arugula, Broccoli,  
Summer Squash, Eggplant and  
Cucumber**

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



## Cabbage and Carrot Noodles Stir-fry with Egg (4 servings)

*We were looking for a recipe online that combines most of this week's CSA harvest in one dish. This one is it – there's cilantro in the U-pick! (Adapted from [cooking.nytimes.com](http://cooking.nytimes.com)).*

### Ingredients:

8 ounces rice noodles or glass noodles	1 to 2 green chilies, like jalapeño or serrano, minced
½ cup chicken or vegetable stock	2 garlic cloves, minced
2 tablespoons soy sauce	1 tablespoon minced ginger
2 teaspoons rice vinegar	4 cups thinly sliced green cabbage
½ teaspoon sugar	2 cups shredded carrots
2 tablespoons peanut oil, rice bran oil or canola oil	1 cup chopped cilantro leaves and stems
2 large eggs, beaten	⅛ teaspoon freshly ground pepper
Salt to taste	

Place the noodles in a bowl and cover with warm water. Let sit until pliable. Drain in a colander and cut into 6-inch lengths. Set aside.

Mix together the broth, soy sauce, rice vinegar and sugar in a small bowl. Heat a flat-bottomed wok or skillet over high heat. Meanwhile, beat 1 of the eggs in a bowl and add salt to taste. Swirl 1 teaspoon of the oil into the wok and add the egg, using a rubber spatula to scrape out every last bit. Tilt the wok to spread the egg into a pancake and cook until set, 30 seconds to a minute. Using a spatula, flip over the egg pancake and brown it for about 5 seconds, then transfer to a cutting board. Allow to cool and cut into 2-inch-long by 1/4-inch-wide slices. Repeat with the other egg.

Add the remaining oil to the wok, swirl the pan, then add the garlic, ginger and chili and stir-fry for no more than 10 seconds. Add the cabbage and carrots and stir-fry 1 to 2 minutes, then add the noodles, the broth mixture and salt to taste. Turn the heat down to medium and stir-fry for about 2 more minutes, until the noodles are just tender and the broth has evaporated. Sprinkle with salt and pepper, add the eggs and cilantro, and stir-fry for another 30 seconds to a minute. Serve while warm.

## 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: Page 1, center – your farm is off the grid: we make our own electric power with wind and solar.

Bottom: harvesting carrots. Page 2: Sara harvesting summer squash.

This page: Raymond and Richard, returning from another harvesting chore, spotting a deer  
(outside the fence, of course)

