

Newsletter, July 22 – 25, 2014

Volume 11, Issue 7



Farm News

GARLIC HARVEST FESTIVAL Saturday, July 26, 2014

This coming Saturday we will be harvesting our 2014 garlic crop ... and we can use some help! We'll start harvesting in the field at 9:00 AM. With enough help, we should be able to get all the field work done by 11:00, so we can move to the barn for a coffee and snack break and start tying bunches.

Around 12:30, we'll stop for the potluck lunch – please bring a dish to share, and your place settings. After lunch, we continue with the work in the barn (and shade!), so we can get the whole crop drying in our shed by the end of the day (that's around 4:00 PM).

This is a fun, hands-on event for everyone – as well as a great opportunity to visit your farm and farmers, and the U-pick. Best of all, we barter cured garlic for your help!

We've been growing garlic commercially since 2001. It is the only crop on the farm we don't exclusively grow for the CSA: part of the crop goes to the Honest Weight Food Co-op, and helps support the economic viability of the farm (and keeps the CSA share pricing reasonable).

We are looking forward to seeing you this Saturday,

Your farmers,

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

In this week's full share:

Beets
Tendersweet Cabbage
Summer Squash
Lettuce

And in rotation:

Cucumbers
Green Beans
Cucumber
Broccoli
Red Slicer Tomatoes

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



As you may know, we're the largest CSA in the nation that runs their operation without a connection to the National Grid. Solar and wind provide our electricity.

Summer is irrigation time!

What's ready in the U-Pick:

cilantro
 summer savory
 chives
 parsley
 oregano
 sage
 basil
 marjoram
 thyme
 leaf fennel
 scallions
 flowers
 sunflowers
 dill
 cutting (soup) celery

RECIPE: Borscht

The following is a very liberal interpretation of a recipe by Katzen (Moosewood Cookbook, M. Katzen, 1977), and makes 4-5 servings.

2 Tbs. Butter	1.5 cups chopped onion
2 cups thinly sliced potato	2 cups peeled and thinly sliced beets
1 large, sliced carrot (optional)	2 cups chopped beet tops or cabbage
1 scant tsp. caraway seeds (optional)	4 cups stock or water
2 tsp salt	black pepper
¼ tsp dill weed	1 T + 1 tsp cider vinegar
1 T + 1 tsp honey	1 cup tomato purée

Place potatoes, beets, and water in a saucepan, and cook until everything is tender (save the water). Begin cooking the onions in the butter in a large kettle. Add caraway seeds (optional) and salt. Cook until onion is translucent, and then add carrots (optional). Add water from beets and potatoes and cook, covered until the carrots are tender. Add potatoes, beets, and all remaining ingredients. Cover and simmer slowly for at least 30 minutes. Taste to correct seasoning. Serve topped with sour cream, extra dill weed and/or chopped fresh tomatoes.



From the 2013 garlic harvest

Calendar of on-farm events, 2014	
Saturday, July 26	<u>Annual Garlic Harvest Festival.</u> One day only! This is a hands-on, fun for all event – ever harvested 24,000 heads of garlic? Come out, get your hands dirty, and enjoy an outstanding potluck lunch!
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.

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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