

Newsletter, July 30 – Aug. 2, 2013

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Farm News

The garlic is in. We knew we were building a new barn last winter, and took the opportunity to grow a little bit more garlic we could store there. On Saturday, we moved an amazing amount of this year's crop and we want to thank all of you who came to help. Sunday's weather forecast, however, was not to our favor. It's hard to move lots of garlic with few hands ... but given that just four CSA members came out to help, we still did a outstanding job! We're sharing some of our best pictures of last weekend in this newsletter. After the garlic is cured we'll send some to the sites as barter for all the volunteers. You truly are helping keep this family farm afloat by coming out to lend a hand with this economically important crop. Thank you again!

Heirloom tomatoes: It's hard to find vine-ripened heirloom tomatoes in the supermarket. There's a good reason. They are simply too fragile when ripe to be handled too much, and damage very easily. We've been going back-and-forth between harvesting somewhat green or harvesting for taste, and the pendulum swung towards taste. That means that we're handling the heirlooms very gently at the farm, packing them single layer on bread trays, and driving very carefully with the delivery truck on Rt. 85 near Albany, for example, to try and avoid the bumps and consequential bruising. Please, treat the heirlooms as carefully as we do at the pick-up sites. They may not look like your regular red supermarket tomato, but all are ready to eat and of great taste. No need to pick them over – just take the one you like and leave the other ones untouched for the other CSA members after you! They are quite perishable and we recommend eating them within a few days of delivery.

About this week's share: Full share members will receive fresh garlic, scallions, squash and romaine lettuce. We are rotating Swiss chard, cucumbers, green beans, parsley and basil, cilantro, tomatoes, eggplant, bell pepper and hot pepper. Fresh garlic has not been cured and is milder. Be sure to remove the less obvious peels on individual cloves . As always, medium share members will be getting a variation on these items.

Your farmers,

Raymond Et Sara



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

- | | |
|-------------|---------------|
| Thyme | Basil |
| Oregano | Garlic chives |
| Marjoram | Savory |
| Cilantro | Parsley |
| Leaf fennel | Sunflowers |
| Flowers | Sage |
| Scallions | Dill |

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

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

‘Roasted’ Garlic on the Grill

This recipe online from <http://www.thekitchn.com>. Roasted garlic is great in salad dressing, on cold pasta dishes, or just plain as a spread on a light bread. And on the grill, you don't have to heat up your whole house! Please send us your favorite vegetable recipes (emailed recipes preferred no links please)!

To keep the heat out of your kitchen and out on your grill try this simple method for grilling your week's garlic ahead. Simply lay a piece of aluminum foil on your counter, say 12" worth and place your peeled garlic pieces in the middle. Drizzle with olive oil and wrap tightly. We fold the long edges together and crimp them tightly and then fold up the ends (although it makes no difference as long as the oil can't escape into the flames).

Place the foil packet on the grill with whatever else you're cooking and let it roast. It doesn't take any longer than a vegetable skewer or a hamburger would and can be stored in the refrigerator for up to a week. You can also smash the garlicky-goodness into a spread and cover the top of the spread with oil to keep it fresh.

Note: You can also roast them in the peel (once you remove the thin papery outer layer), but it requires paying more attention to not burn the skins, instead of kicking back and forgetting about them for a few minutes.

Enjoy!



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).



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