



# Newsletter, August 4-7, 2015

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## Farm news

Last Wednesday, your farm hosted a field trip for Camp Steinmetz, which is a camp organized by Schenectady Inner City Ministry. We took 25 inner city kids, age 7-12 on a big hayride to show them the farm (for a lot of them, their first farm). We also had them harvest vegetables from the field for a lunch salad, which they put together very nicely in the barn. And after roasting hotdogs and s'mores over the bonfire everyone, including your farmers, were quite content. We are sharing some pictures in this newsletter with you of this very rewarding experience.

**Update from the fields:** More and more CSA members are finding their way to their farm and the U-Pick garden. The garden, fields and farm are looking beautiful. It seems that this year we further fine-tuned the balance between mechanical cultivation and hand weeding, and the overall effects on the vegetable fields are stunning. The rains in July left us with a nicely filled irrigation pond. And even though we've been watering now for one week straight, we are in very good shape irrigation water wise for the time in the season. Later this week we'll be turning under the first fields we planted for this season, to make space for some stale bedding to suppress weeds, and to plant cover crops to provide healthy soils for the years to come.

Meanwhile, we are harvesting very diverse shares.

Enjoy this week's harvest,

Your farmers,

*Raymond Et Sara*



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**In this week's full share:**

Chantenay Carrots  
Batavian Lettuce  
Summer squash  
Fresh Garlic  
Scallions

**And in rotation:**

Cilantro  
Hot pepper  
Green Beans  
Basil  
Parsley  
Eggplant  
Bell Pepper  
Kale  
Swiss Chard  
Red Slicer Tomato  
Saladette Tomato  
Cucumber



**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: Salsa (as a side dish or appetizer)

2 large tomatoes, diced  
1 bunch scallions, finely chopped  
1 jalapeno or other hot pepper, finely chopped  
2 tablespoons cilantro leaves, chopped (or more to taste)  
1 clove garlic, finely chopped  
2 tablespoons lemon or lime juice, fresh squeezed  
1 teaspoon olive oil  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon cumin  
 $\frac{1}{4}$  teaspoon black pepper

Directions: combine all the ingredients and refrigerate for 2 hours. Serve with chips.

**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  $\frac{1}{4}$  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  $\frac{1}{4}$  mile too far. Turn around and find Fox Creek Farm Road on your left)