



Newsletter, August 5 - 8, 2014

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Farm News

It's hard to believe that while we're harvesting all the great crops of summer, we're already getting ready for the next season. Some of the fields on the farm are enjoying a well-deserved rest from growing vegetables, and instead are growing cover crops. At this time of year, you can almost see the buckwheat and Sorghum-Sudan grass growing, providing organic matter while preventing weeds to take over. It's one of the strategies we use on the farm to keep growing outstanding produce, and it's great to work with the positive impacts of fallows: giving our soils a chance to recoup from the intensive vegetable production.

And while talking about nature – parasitic wasps are again helping to take care of the hornworms in our hightunnel. If you've ever encountered a full grown tomato hornworm (or the damage it does to your tomato plants), you know that it's not a caterpillar you'd like to mess with too much. And if an insect chooses the hornworm as a place to lay eggs, we're clearly seeing a win-win situation!

Garlic work party: We harvested the garlic quite dry, and the curing process is coming along very nicely. Considering that, as well as the fact that Saturday, August 30 is in the Labor Day weekend, we decided to **change** the date for our work party to **Saturday, August 23**. We think more people would be able to make it out to the farm on that day, and we hope this change also benefits your calendar! More information follows in next week's newsletter.

CSA U-Pick garden: Everyone who picks up at the farm is well aware that this year's U-pick garden is probably one of the best to date. Flowers and herbs galore (and yes, the cherry tomatoes will start producing in the next week or so). It's really worth the drive out to your farm, and bring a beautiful bouquet back home. The U-pick is a benefit of your CSA share, so there are no additional charges if you come and harvest.

This week's share is again outstanding – enjoy the flavors of summer!

Your farmers,

Raymond Et Sara



Pictures:

Top: the U-pick as you enter the farm. Center: abundant harvests! Bottom: hurray for the parasitic wasps!

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In this week's full share:

Summer Squash
Lettuce
Cucumbers
Scallions

And in rotation:

Kale
Basil and Parsley
Hot Pepper
Eggplant
Tomatoes: includes red saladette type good raw or cooked

Swiss Chard
Cilantro (it's salsa time!)
Bell Pepper

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

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
Hot Peppers



Recipe: Swiss Chard Tart

Emily Davis, speleologist extraordinaire and one of our long term CSA members shared this recipe with us.

2 lbs. chard
4 Tbs. olive oil
1 onion thinly sliced
2 cloves garlic thinly sliced
1/8 cup chopped parsley
3 lg. eggs
Salt and pepper
1 cup grated cheese
1 cup bread crumbs

Preheat the oven to 350 °F. Separate stems and leaves of chard. Drop chopped stems into boiling water, wait 5 minutes and add chopped leaves. Let cook another 5 minutes. In a saucepan heat the oil, add onion and garlic and cook until soft (about 5 minutes) add chard and parsley and cook an additional 10 minutes. Let cool.

Break eggs into a bowl and season with salt and pepper, add 3 Tbs. of grated cheese and whisk until blended. Mix egg into cooled chard mixture. Grease a 9' round baking pan. Coat the bottom of the pan with the bread crumbs and remaining cheese. Carefully put the egg/chard mixture into the dish and bake for about 1 hour until top is golden brown. Serve hot or cold.



Calendar of on-farm events, 2014	
NEW DATE! Saturday, August 23	Garlic work party. 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).