



Newsletter, August 12 - 15, 2014

Volume 11, Issue 10

Farm News

Last Tuesday, Albany got 2.5 inches of rain in 1 hour. On Wednesday and Thursday, thunderstorms came really close to the farm, but all of them passed *just* south. We're back irrigating, and are looking with interest at the rainstorms predicted for this Tuesday and Wednesday. A good soaking of the fields by Mother Nature would be very welcome!

About heirloom tomatoes: by now, almost all sites have seen their first heirloom tomatoes. As you'll notice, those tomatoes don't always look 'picture perfect' – they may not even be *red* ... but their flavor is outstanding!

We believe the heirloom tomato is sort-of the poster child for supporting local agriculture. Sara and the crew go through great efforts to harvest the heirlooms just ripe, so you can enjoy a tomato that tastes like the tomatoes eaten by our ancestors. We slow down on bumpy roads with our delivery truck to try to bring you the best heirloom tomatoes possible.

There is a reason why heirloom tomatoes are hard to find in the grocery stores: if they are picked ripe, they are very delicate and don't stand much handling. Any extra touch will result in bruises on the fruit – so please, just *look* to see which heirloom you'd like to bring home, and just *pick* that one. The CSA members that come to the site after you will appreciate the opportunity to enjoy their heirloom without extra bruising!

Garlic work party: The garlic is almost cured, and we've set the date for our work party to **Saturday, August 23**. This is another fun, hands-on event at the farm, with an outstanding potluck lunch. We're planning on starting at 9:00 AM, with lunch around 12:30-1:00 PM. More details in next week's newsletter.

Enjoy this week's harvest (and don't forget about the CSA U-pick garden at the farm),

Your farmers,

Raymond & Sara

Pictures:

Top: Sara and the crew harvesting Tuesday's heirloom tomatoes. Center: freshly cultivated late-season spinach. Bottom: Angelica and Ana Clara returning to the barn with the modified electric golf cart.

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In this week's full share:

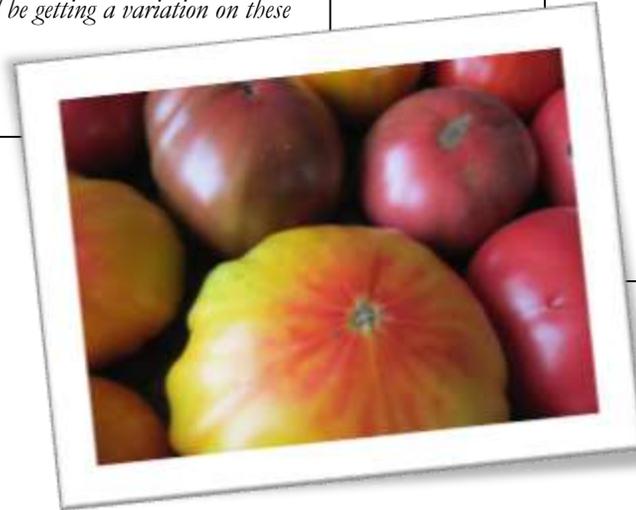
Fresh Red Onions
Lettuce
Cucumbers
French Heirloom Carrots
Garlic

And in rotation:
Basil and Parsley
Summer Squash
Eggplant
Tomatoes
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
Cherry Tomatoes
Pole Beans



Recipe: Eggplant bacon (without bacon)

One of your long-term farm workers, Karin Savio, shared this recipe with us (and we are sharing it with you!). We heard it's great on a BLT.

Ingredients:

2 medium-sized eggplants, peeled, sliced into 1/4" thick bacon-sized slices
1/3 cup olive oil (this works for about 20 slices. if you have more or less than that, adjust.)
pinch of salt
some grindings of black pepper
1-2 teaspoons of smoked paprika (also known as pimentón...don't substitute regular paprika or you won't get bacon flavor!)

Preheat oven to 375°. Put the eggplant in a large bowl and drizzle all over with the olive oil. Toss it around so the oil completely soaks in. Sprinkle with salt, pepper and pimenton. Arrange in one layer on a jelly roll pan (tray with sides), bake for 10-15 min then turn the slices over and continue baking until browned (about 5-10 more min). Eat right away or save for later, refrigerated. Reheat in a frying pan.

The Eggplant bacon can also be frozen...just put them on a clean tray right from the oven and pop it in the freezer for a couple of hours. Remove from the tray and wrap in wax paper inside a freezer bag.



| Calendar of on-farm events, 2014 | |
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| 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).

We enjoyed taking the Schoharie Valley Garden Club on a tour on the farm last Wednesday.

