

Newsletter, August 14 - 23, 2013

Volume 10, Issue 11



Farm News

Did you know that Fox Creek Farm is home to a 4-H club? The Family Farm 4-H Club members have a garden at the farm. They entered for the first time in the Altamont Fair last week and brought home many blue ribbons! The group meets more-or-less on a bi-weekly schedule, and is open to kids between 7 and 10 years old. Please contact us for more information if you're interested in this all season club.

On Saturday, about 40 people made it out to the farm for our Schoharie County Family Farm Day tour. We introduced the CSA model and our off-grid solar and wind electric installations (your farm produces all the electricity needed right on site without a connection to National Grid). And during the extensive farm walk, we had the chance to introduce our soil fertility strategies, as well as how we cover crop and succession plant. There was even the opportunity of getting hands dirty doing some harvesting!

Garlic work party, Saturday, August 24, 9:00 AM to 5:00 PM. The 2013 garlic crop has cured. We would like to invite you to our garlic work party this Saturday. There are still about 23,000 heads of garlic in need of some TLC before they are ready for the CSA shares and market: taking off the tops and roots, grading and cleaning. As you may know, a part of this harvest contributes to the economic viability of your family farm – thanks to the support of the Honest Weight Food Co-op – and helps to keep the CSA membership fees reasonable.

There will be things to do for everyone, no matter the age – this is truly a family event. The work is in and around our barns, with plenty of protection from adverse weather (too much sun, or too much rain). We'll provide for the mid-morning snack, coffee and tea. Please bring a dish to share for the potluck lunch, your favorite beverages, and place settings. Don't forget to bring clothes that you don't mind getting "a little" dirty. And remember: we barter cured garlic for your help!

We are looking forward to seeing you to join the fun – and while you're here, don't forget to visit the U-pick garden!

Heirloom tomato identification: we grew 14 varieties of heirloom tomatoes this season, and by now you all should have had a good sampling. If you are curious as to the names, here's the list by color:

- Pink:** Brandywine and Pruden's Purple
- Red:** Cosmonaut Volkov and German Johnson
- Brick Red/Purple:** Black Prince, Cherokee Purple and Black Krim
- Yellow-Orange:** Persimmon, Valencia and Jubilee
- Green (but ripe):** Cherokee Green and Green Zebra
- Red and yellow:** Striped German and Pineapple

CSA U-pick garden update: The U-pick is peaking! The flowers are beautiful, there's an abundance of almost 15 cherry tomato varieties, not to mention a wide selection of culinary herbs, plus scallions and pole beans. The U-pick is part of your CSA share: harvest what you reasonably can use, and leave the rest to other CSA members. There's no additional cost to harvesting in the garden, and it's a great excuse to visit *your* farm.

About this week's share: Full share members will receive lettuce, French Heirloom Chantenay carrots, cured garlic and tomatoes. We are rotating cucumbers, summer



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

- | | |
|-----------------|------------|
| Thyme | Basil |
| Oregano | Chives |
| Marjoram | Savory |
| Parsley | Sage |
| Leaf fennel | Sunflowers |
| Dill | Pole Beans |
| Scallions | Flowers |
| Cherry Tomatoes | |

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

squash, green beans, eggplant, bell pepper, hot pepper and our corn! As always, medium share members will be getting a variation on these items.

Your farmers,

Raymond Et Sara

RECIPE: Tomato Bread Salad

With the tomato season at its peak, we thought it would be good to share again Tara Caligure's recipe, adapted from the Beekman 1802 Heirloom Cookbook. It makes the salad the center of the meal!

8 oz country bread, cut into 1" chunks
5 TBL extra virgin olive oil
1 lb assorted heirloom tomatoes - cut into 1" chunks
3/4 tsp salt
1/4 cup pine nuts (I've used whatever nut I have around)
1 3/4 cups cooked cannellini beans or 1 can rinsed
2 TBL red wine vinegar
1/3 cup torn fresh basil (sometimes I use a variety of herbs depending on what I have)
8 oz feta cheese

Preheat oven to 400. In a small bowl, toss the bread with 2 TBL oil. Transfer to baking sheet and bake for 7-10 minutes or until crisp. Transfer to a bowl. Add the tomatoes to the bowl with the bread, sprinkle with salt and toss to combine. Let stand for 20 minutes. In a small ungreased skillet, toast nuts over low heat, tossing frequently until brown. Add the beans, vinegar, basil, nuts and remaining 3 TBL oil to the bowl with the bread and tomatoes to combine. Add cheese and toss gently. 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 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 Schenctady: take rt. 7 to Delanson, in Delanson, make left on Darby Hill – first right is Gallupville Road – this becomes Larry Hill when crossing the Schoharie County line).

Support a viable, small family farm and eat some of the best locally grown produce available!

Fox Creek Farm, c/o Sara and Raymond Luhrman, 182 Fox Creek Farm Road, Schoharie, NY 12157. Phone: (518) 872-2375 -
foxcreekfarmcsa@earthlink.net - www.foxcreekfarmcsa.com



Pictures: front – 4-H club members at their Altamont Fair exhibit – farm tour impressions. This page: playing with chickens – “the garlic is cured” – 4-H members harvesting in their garden at the farm