



Newsletter, August 24-29, 2017

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Farm News

After a couple of days of real Summer weather, it looks like we are rolling right into an early Fall. The forecast shows night temperatures in the low 50-ies for the coming week. What an odd growing season!

But albeit delayed, the shares are showing what summer vegetable growing in Upstate New York should look like. We're finally harvesting corn, to add to the green beans, tomatoes, and other nightshades. Isn't it nice to share the tastes of summer at your dinner table?

We're finishing up the planting and seeding for the 2017 CSA season. During the peak of the growing season, a head of lettuce would mature in 4 weeks. Comes October however, growth slows down a lot. So, by planting right now, we're stockpiling crops for the end-of-season shares.

Cover crops: your farm doesn't only grow vegetables. We also grow healthy soils by planting and maintaining cover crops. Oats and peas, sorghum-sudan grass, medium red clover, and rye are the primary grains, legumes and grasses we seed following vegetable production of our fields. They catch nutrients that otherwise could leach out in the groundwater, provide erosion prevention, as well as organic matter to nurture the future vegetable crops. And while it's a little bit counter intuitive for a farmer to plant a crop solely to plow it back under, we're reaping the benefits of a robust cover crop program as an important part to keep our soils healthy.

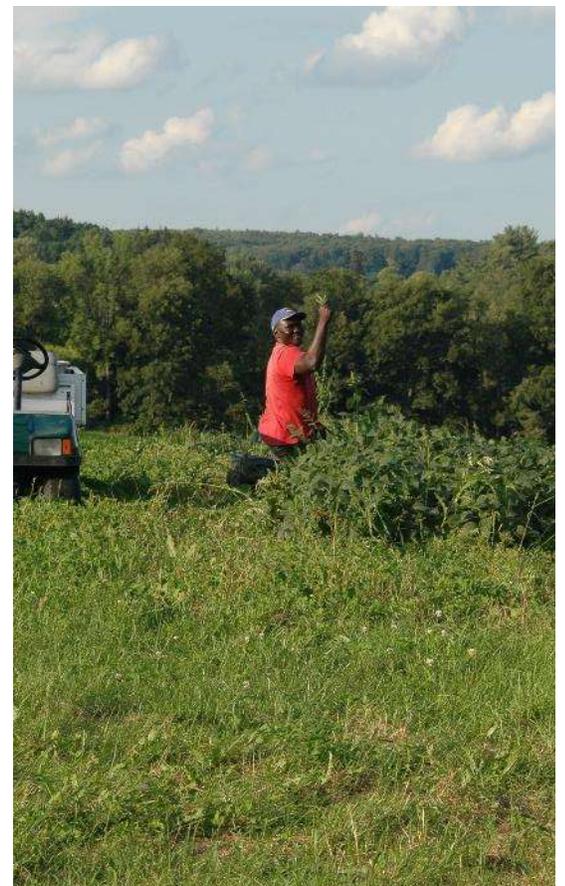
Mark your calendars – Labor Day CSA pick-up changes: Labor Day is Monday, September 4th. Consequently, our CSA pick-up schedule for that week will change as following: the Monday pick-ups in Delmar, at SUNY and the HWFC will change to Tuesday, September 5. And for the Labor week, our pick-up at Tricentennial Park changes to Wednesday, September 6. All the Thursday pick-ups remain unchanged.

And while you have your calendar out, on Saturday, September 9 we're hosting another garlic themed work party, to clip, grade, and clean the 2017 crop. With a potluck lunch. And of course, we'll barter garlic for your help!

The U-pick is going strong – lots of flowers, herbs and cherry tomatoes. We continue to harvest sweet corn and tomatoes. Expect another beautiful share!

Your famers,

Raymond Et Sara



In this week's full share:

Lettuce, Garlic

And in rotation to the sites as available;

Sweet Corn, Beets, Carrots, Green Beans, Tomatoes, Swiss Chard, Summer Squash, Cucumber, Peppers, Eggplant, Kale, Basil, and New Potatoes



Sara and Richard sorting out heirloom tomatoes in the field. On the front page, Barryton harvesting beans, and Richard bringing in another box of tomatoes.

Recipe: Charred corn and green bean salad

Of course, you could just steam the fresh sweet corn to perfection, add a dab of butter and enjoy off the cob. But if you are looking for something else, you could try this recipe!

Ingredients:

½ lb Green beans, tips removed
2 ears of corn
1 Tsp olive oil
1 small onion, finely diced
1 clove of garlic, minced
¼ hot pepper, seeds removed, thinly sliced.
Salt to taste

Directions:

Husk the sweet corn and grill on barbeque to very lightly charred. Meanwhile, steam the beans in a little water, until tender. While the beans are steaming, remove the kernels from the cob. Heat the olive oil in a skillet and sauté the onion until slightly translucent, then add the garlic and hot pepper. Add the beans and corn kernels, toss, and season with salt to taste.

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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