



Newsletter, September 1-6, 2016

Volume 13, Issue 13

Farm News

It's prime time for fall cover crops. We are sowing so many bags of rye and oat seed that at times it feels we're going to start a flour mill next year. Don't worry! We're really growing these crops to protect our soils from erosion. It creates a habitat for beneficial soil organisms, improves the soil texture, and in the end, it gives us a lot of organic matter. We need all of that (and some compost) to keep growing great vegetables!

Flower arrangement workshop, Saturday September 3, 10:00 to 11:30

AM. If you would like to learn to make even prettier bouquets from flowers harvested from the U-pick, this workshop is for you! Dobie Mix, who at one time used to sell bouquets to the HWFC, has offered a flower arranging workshop here at the farm. This class is limited to 12 people, so we ask you to RSVP by email if you are interested. First come, first served. **We need to hear from you by Thursday, 9/1, 10:00 PM if you are interested in attending.**

Labor Day: As Monday, September 5 is Labor Day, we are changing all our Monday sites to Tuesday, September 6. Same place, same times, just a one-time change.

Garlic work party (II). Now that we have your attention regarding events on the farm, on **Saturday, September 10** we will be clipping, grading and cleaning a good part of our 2016 garlic crop. Starts at 9:00 AM, mid-morning coffee break, followed by another famous potluck lunch at about 12:30. We'll call it the day by 4:00 PM, ready or not. And yes, we barter garlic for your help! (we will deliver all barter garlic in the following week).

By popular request: garlic for sale. As you know, we grow our garlic both for the CSA and for market. If you are interested in purchasing more garlic, please let us know by email. We're offering our 2016 crop at \$ 8.50 per pound, with a 1-pound minimum order. We'll pack your garlic for delivery in the week of September 12, and enclose the invoice for your payment.

We are happy to share the summer harvest with you,

your farmers,

A handwritten signature in cursive script that reads "Raymond Et Sara".

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In this week's full share:

Garlic, Fresh White Onions, Heirloom Tomatoes, Green Beans

And in rotation to the sites as available;

Sweet corn, Swiss Chard, Kale, Basil, Summer Squash, Cucumbers, Eggplant, Red Slicer and Saladette Tomatoes, Hot Pepper, Sweet Pepper, Bell Pepper, Lettuce and Melon

And in the U-pick (still going strong!): wide variety of culinary herbs, scallions, flowers, ground cherries, hot pepper, pole beans and many kinds of cherry tomatoes

Pictures: first page – the garlic crop is dry, and waiting for more attention. Johanna is raising another batch of chicks (make sure to ask when you visit, as they are cute!). A Green Zebra tomato. Ripe when green! On this page: driving Tex.

RECIPE: Green Beans & Onion Sautee (Loubieh bi Zait)

We tried this vegetarian recipe of Lebanese origin as a side dish just a few days ago. The middle-eastern mixture of spices, in combination with the caramelized onions, makes for a delicious, but different green bean experience (side dish for 4).

Ingredients:

1 lb. of green beans

1 medium onion, finely chopped

¼ cup extra virgin olive oil

1 teaspoon of Lebanese 7-spices (we made it by mixing equal proportions black pepper, cumin, paprika, coriander, cloves, and a little bit of nutmeg and cinnamon)

Salt to taste

Directions: Rinse, trim and half the green beans. Caramelize the onion in olive oil over medium heat. Add the green beans, some salt, and half of the 7-spices, and mix well. Cover the pot, lower the heat, and let simmer until beans are tender. Add remainder of the spice mix just before serving.

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).