



Newsletter, September 2 - 5, 2014

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Farm News

We've planted and seeded the last vegetable crops of this season – in time to mature before the days even get shorter, and the temperatures start dropping.

HARVESTING is the key word here right now, and your farm crew now spends four days per week getting the produce from the field to the barn to be washed, sorted, counted, packed, cooled and delivered. It's exciting to see the amount of food this small family farm produces right now – and we hope you're enjoying the rewards of supporting your farm through your CSA membership.

As we've planted the last vegetable crops, we're getting fields ready for next year – this Labor Day weekend we put most of the fallow fields in a winter-kill cover crop of oats and peas. The peas will fix nitrogen for the 2015 crops, while the oats provide for a nice amount of organic matter that protects the soils from harsh weather. Maintaining our soils is a long-term commitment – and by doing so, we're able to keep growing great produce.

Early Fall Farm tour: Saturday, September 27. We invite you to the farm for a tour on Saturday, September 27, starting at our barn at 11:00 AM sharp. We may either walk the fields, or take a ride on the hay wagon. The tour will be about 1 hour, and more information will follow in the upcoming newsletters.

Visit the farm anytime! As an increasing number of CSA members know, your farm is a beautiful place – the U-pick is looking great, the views remain spectacular, and Johanna's chicks and chickens are a hit with both our younger and older visitors.

Enjoy this week's abundant harvest, your farmers,

Raymond Et Sara

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*Pictures: Sara with a flat of heirloom tomatoes.
Ana Clara and Angelica with loads of Carmen
sweet peppers.*

In this week's full share:

New Potatoes – yellow flesh and skin, waxy old favorite variety

Cucumbers – check out this week's recipe

Fresh Onions

Lettuce

And in rotation:

Corn – Picked just hours before delivery! May contain corn earworms which can be removed normally by breaking off the tip where/if they are present.

Cilantro

Summer Squash

Eggplant

Tomatoes

Bell Pepper

Carmen Sweet Pepper

Hot Pepper

Beans

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 Flowers

Cutting (soup) celery

Hot Peppers

Cherry Tomatoes

Pole Beans

Lemongrass

Recipe: Cucumber pickle spears

Thanks goes out to member Billy Bradley for sending us this recipe. Remember, you can email us your favorite vegie recipes and we'll try and fit them in!

4 large cukes

2 tsp. salt

3 large dill sprigs

1 garlic clove halved

1 cup white vinegar

1 cup water

1/4 cup sugar

Place cuke spears in a bowl and sprinkle with salt. Cover and chill 2 hours.

Drain cukes and rinse with cold water.

Pack spears in a quart jar...add dill and garlic.

Combine vinegar, water and sugar and bring to a boil.

Pour hot liquid over cukes. Cover and cool completely.

Marinate in refrigerator 5 days before serving.



Johanna's new chicks, a mix of Barred Rocks, Columbian Wyandots, and Black Austerlorps, are becoming more and more entertaining in the brooder.

As you may know, her chicken and egg enterprise pays for her horseback riding lessons!



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 Duanesburg. 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).