



Newsletter, September 8-11, 2015

Volume 12, Issue 14

Farm news

Is it really September? The heat wave is taking its toll on your farmers and the crew. You know it is really hot out in the fields when the 85 degrees in the barn feels cool. And while we are irrigating the crops and dealing with the heat, we are also putting some of our fields to rest for the upcoming winter. We seeded almost half of our acreage to cover crops over the last few days. The meteorologists are predicting storms for Thursday, and the rain will provide the necessary water to germinate the cover crop seeds and put on a decent amount of growth before the days are getting really short. Without the rain, the seeding will go by the wayside – let's hope the forecast is right!

2016: Tuesday/Friday or Monday/Thursday? We're starting to make plans for the 2016 CSA season. One of our biggest questions is whether or not to change our pick-up days from Tuesday and Friday to Monday and Thursday. We've got the feeling that the Friday pick up could be inconvenient for you, particularly in the summer months. But maybe we are wrong, and you would rather keep things the way they are. We would like to know your opinion, and have set up an on-line survey with just two questions: what day do you pick up now, and would you mind a change? The link is: https://www.surveymonkey.com/r/2016_csa_pick-up_days. We appreciate your feedback!

Farm visits and U-pick: We've never seen so many people visiting the farm for the U-pick garden as on this Labor Day. And despite the heavy picking, there are still lots of cherry tomatoes ripe and ripening – but we are reaching the end of the cherry tomato season. If you have not made it out to the farm this season, this is the time to come!

Update from the fields: Hot. Dry. Those two words could have said it all, but by helping Mother Nature with some irrigation we're bringing in some impressive harvests. It's a very rewarding feeling to see a field of melons growing from a little transplant to a very large load of ripe and delicious fruit. Looking back on this CSA season, we think the produce is again exceeding our expectations. And looking around in the fields, it's very likely that the remainder of the season will be quite good, too (But remember: "Don't count your chickens until they are hatched" – particularly not in this business of vegetable farming).

Enjoy this week's harvest,

Your farmers,

Raymond Et Sara

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



In this week's full share:

Garlic, Lettuce, Potatoes

And in rotation:

**Melon, Corn, Summer squash,
Basil, Parsley, Eggplant, Bell Pepper, Carmen Sweet Pepper,
Hot pepper, Red Slicer Tomato,
Saladette Tomato, Heirloom Tomato and Spinach.**



Recipe: Pasta with Roasted Garlic and Cherry Tomatoes

We found this recipe online. It's in-season, and delicious. Warms up the house a little bit, however. Ahh. Maybe give it a try later in the week? Serves 4-6.

Ingredients:

4 cups cherry tomatoes, cut in half
Cloves of 1 head of garlic, also cut in half
1/4 cup olive oil
1 teaspoon dried basil (or 2 Tsp fresh)
1/2 teaspoon salt
1/4 teaspoon hot pepper flakes
1/4 teaspoon ground black pepper
1lb of your favorite pasta
1/4 cup chopped fresh parsley (optional)
1/2 cup freshly shaved parmesan cheese

Directions: Toss sliced tomatoes, sliced garlic, oil, basil, salt, hot pepper flakes and ground pepper in a bowl. Place in a 9 X 13 metal cake pan and roast at 400°F for approximately 30 minutes (The tomatoes should be shriveled and the garlic tender). Meanwhile, cook pasta, drain and return to pot. Add garlic tomato mixture and parsley, tossing to coat. Serve with freshly grated Parmesan cheese.

In the CSA U-Pick garden: the U-pick is part of your CSA share – there's no additional charge.

**Cilantro, Oregano, Thyme,
Chives, Sage, Parsley,
Leaf Fennel,
Dill, Marjoram, Basil,
Hot Pepper,
Cherry Tomatoes,
Shellies (fresh soup beans),
Soup Celery, Lemon Grass.**

And flowers

Recipe: Funky Spaghetti

Jody Manwaring says: With all the ripe cherry tomatoes I thought you might like this simple family friendly recipe. Kids like helping by squishing the cherry tomatoes! (serves 3-4)

Ingredients:

1# spaghetti or linguine
11-14 ounces cherry tomatoes, red or yellow
2 handfuls of fresh marjoram and basil, leaves picked
6-8 generous glugs of extra virgin oil
1 clove of garlic (peeled and finely chopped)
Splash of red wine vinegar (we like tangy so I use more)
sea salt and freshly ground black pepper.

Directions: Put pasta in large pot of boiling water cook until al dente. While pasta cooks halve tomatoes, put in bowl and add herbs, olive oil, garlic and vinegar. Season to taste, then scrunch tomatoes until slightly mashed. Drain pasta, while still steaming, mix in tomato mixture. Before serving top with grated Parmesan cheese (Can be served hot or cold).

Pictures: first page (top to bottom) Seeding cover crops, irrigating fall lettuce ... Sara setting up for last Friday's CSA pick-up. Did you ever know how colorful medium red clover seed actually is? Second page: Very nice looking kale, cabbage and cauliflower. This page – what a privilege it is to be working this farm!



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 is 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).