

Newsletter, September 9 - 12, 2014

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Farm News

After the heat of last Tuesday and Friday, your farmers and the crew are welcoming the more seasonal weather. With the cooler weather, we're looking at a couple of big harvest jobs over the next weeks. We'll be moving the onions from the field to the hightunnels to cure. And with the lower temperatures, we finally can store the potatoes inside for the remainder of this CSA season – which means that we'll also be at harvesting about an acre of potatoes. Meanwhile, most other fall crops are looking very promising, and if all goes well, there's some really nice fall shares coming!

Talking about shares, last week's share must have gotten a lot of press – we're getting quite some emails from folks inquiring how to sign up for the 2015 growing season. Thank you for teaching your friends about our CSA! We are working on the 2015 CSA proposal, and as always will share that first with our current membership – expect some more information about *next* year's CSA around the end of this month.

Off-grid farming: Did you know that your CSA produces all the electricity it needs right here at the farm? Due to the distance between the barn and the nearest electricity pole, bringing in electricity from National Grid was prohibitively expensive. So eight years ago we made the decision to give solar and wind power a serious try. Currently, we have about 3 kW in solar panels, a 1 kW wind turbine and a small backup generator on the farm. And in combination with some innovative energy conservation measures, we're able to make it all work – and as far as we know, you are a member of the only off-grid CSA of this size in the nation.

Enjoy this week's harvest, your farmers,

Raymond Et Sara

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*Pictures: view of the farm from our new fields –
the solar array – don't forget the U-pick!*



In this week's full share:

Fresh Onions
Lettuce
Garlic
Beans

And in rotation:

Cilantro
Cucumbers
Summer Squash
Eggplant
Tomatoes
Sweet Pepper
Hot Pepper

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: Coconut-Almond Green Beans

Kelly Beers tried this recipe, which was found in *Well Fed* by Melissa Joulawn.

Ingredients:

1 tbsp. coconut oil	1/2 tsp (or to taste) red chili pepper flakes
2 tbsps. sliced almonds	3/4 tsp salt
1/2 med onion finely diced (about 1/2 cup)	1 cup coconut milk
3 cloves garlic minced (about 1 tbsp.)	1 pound green beans, trimmed
1 tsp ground cumin	1 tsp lime juice
1 tsp ground coriander	1/2 cup fresh cilantro leaves minced (about 2
1 tsp paprika	tbsps.) optional

Heat the oil in a large sauté pan over medium heat. Add the almonds and cook until lightly browned. Keep an eye on them, they brown quickly! Transfer almonds to a plate for later (don't eat them, yet!).

In the same pan sauté the onion, garlic, cumin, coriander, paprika, chili pepper flakes and salt. Cook until the onion is soft and beginning to get brown bits, about 4-5 minutes.

Add the coconut milk to the pan and mix well, then add the green beans. Make sure everything is blended, then bring the pan to a boil, reduce the heat to a simmer and cook covered until the beans are tender. If you like them crisp, about 6 minutes, softer about 8 minutes.

When the beans have reached the desired tenderness, remove the lid and let the sauce cook down until it thickens a bit. Remove the pan from the heat and stir in the almonds, lime juice and cilantro (if using).

Remember:
Farm Tour scheduled for Saturday, September 27, at 11:00 AM
More information in next week's newsletter.



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).