



# Newsletter, September 10 - 13, 2013

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## Farm News

We think that the harvests of the last few weeks were nothing short of spectacular. We are over the peak of the summer season, and with the much lower nighttime temperatures, fall has started to knock on the door. You'll soon see the change of the season reflected in your shares. The adventure of eating fresh, local and *in season* just moves to another installment.

**Acreage & fallow:** By the time you receive this newsletter, we'll have seeded another 5 acres in cover crops. Earlier, we wrote about the expansion of our acreage, and over the last month we plowed, disked, and waited for the rain to germinate some of the weeds – to disk again to reduce the weed pressure for next year, when we will plant the first vegetable crops in those fields. The cover crop oats/peas mixture will winter-kill, leaving a protective mat of organic material on the soil to prevent erosion. It will also decompose quickly after spring tillage, not to hinder vegetable seed germination. And as we won't expand the acreage in vegetables much compared to this year, the additional land available for annual fallows will increase the soil fertility – giving us the opportunity to keep producing the outstanding produce you've grown accustomed to.

**CSA membership renewal information:** Some CSA members have been inquiring about how to renew their shares for the 2014 season. As in previous years, we will complete next year's CSA proposal by the end of this month, and by early October you'll receive our introduction letter with a CSA membership form. We first send this to all our existing CSA members, so you'll have 'first picks' for signing up. A sure change from previous years is that we've (at least for now) found our maximum CSA membership number this year, and we won't grow more than 350 shares in 2014 as well. We've come a long way from the 10 members who supported our first CSA farming adventure in 2003!

**About this week's share:** Full share members will receive head lettuce, cured garlic, tomatoes and scallions. We are rotating broccoli, summer squash, melon, Swiss chard, green beans, eggplant, basil, parsley, corn, and bell, hot and sweet red peppers. Note that much of our corn has earworms due our organic practices. Simply break off the tip where most reside if they are present. As always, medium share members will be getting a variation on these items.

Your farmers,

**Support a viable, small family farm and eat some of the best locally grown produce available!**

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### Fox Creek Farm CSA U-Pick: *Ready to harvest*

Thyme	Basil
Oregano	Chives
Marjoram	Savory
Parsley	Sage
Leaf fennel	Cutting Celery
Dill	Scallions
Lovage	Mace
Cilantro	Flowers
Sunflowers	Cherry Tomatoes

*Harvesting in the U-pick garden is part of your CSA share – come anytime!*

The recipe below is from Karin Savio – she has worked at your farm since 2006, and is an excellent cook. Above all, the recipe is very much ‘in season’.

## **RECIPE: Corn with turmeric and Mexican marigolds**

3 ears of corn, grilled in their husks, then cut off the cob (can be prepared ahead of time)  
2T olive oil  
1 onion, cut in half, then sliced thinly  
Salt  
2 cloves garlic, chopped  
1 sweet or bell red pepper, cut into strips then chopped into 1/2” pieces  
Some hot pepper chopped up finely (to taste)  
½ t. turmeric  
1 T minced Mexican marigold leaves (sweet mace – available in the u-pick garden) (1-2 t. tarragon is a substitute)  
¼ c. half & half  
(Mix in a pat of butter just at the end)

Heat a large skillet. Add the onions and a pinch of salt. “Sweat” them until they begin to wilt and brown a little. Then add the olive oil and continue browning. (Let them get really brown!). Add the garlic, red peppers and hot pepper. Sauté for a few more minutes. Add the corn, half & half, turmeric and sweet mace and cook until the liquid gets thick. Serve warm or at room temperature.

Pictures: front, top – Sara and Johanna in front of another very full delivery truck. Bottom:  
harvesting beans!

**Farm visits:** Please feel free to come and visit your farm and enjoy the free CSA member U-Pick! We have an ‘open door policy’: you can come anytime, no calls necessary. Come and see your beautiful farm – but please acknowledge the following rules for you and your guests: Stay clear of the electric fences; remain out of the planted fields; no swimming in the ponds; supervise children; no climbing on equipment or woodpiles; lastly, due to our livestock, dogs need to be on a leash (and you need to clean up after your dog).

**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 to Delanson, in Delanson, make left on Darby Hill – first right is Gallupville Road – this becomes Larry Hill when crossing the Schoharie County line).