



Newsletter, September 15-19, 2016

Volume 13, Issue 15

Farm News

The garlic work party was a great success! All of the garlic (but for one bunch, for good luck) is now trimmed, and a good part is cleaned and ready for market. The lunch was again outstanding

– it must be true that CSA members have a strong liking for good food. Thank you to everyone who took their time to come out to the farm to help (you either should have, or will, receive the barter garlic this week. If you have not, please let us know and we will look over our notes).

As a side note, the garlic work party also attracted the attention of the Times Journal (coverage in this weeks' edition), and the Times Union (probably in next Thursday, in the Food section).

The noticeably shorter days and much cooler nights have gotten us in the fall harvest mood. Onions are now curing in one of the hightunnels. Between the CSA harvests and deliveries, we are now chipping away at the potato harvest, with still a lot of this year's crop in the field. And we are keeping a sharp eye on all the winter squashes.

Meanwhile, the late summer crops are still coming in strong. Tomatoes are still abundant, and the sweet peppers made an unexpected rapid comeback. We're again bringing a great share to the sites this week, and we think this truly is a great time to be part of our CSA!

Did we tell you that the U-pick still has lots of herbs, flowers, and cherry tomatoes? Maybe not as many as a week or two ago, but still well worth the trip we think.

Enjoy this week's harvest,

your farmers,

Raymond Et Sara



Fox Creek Farm,
182 Fox Creek Farm Road, Schoharie, NY 12157
www.foxcreekfarmcsa.com , foxcreekfarmcsa@earthlink.net,
518-872-2375



All pictures this week from the garlic work party, 9/10. Thank you!

In this week's full share:

Garlic, Nantes Carrots, Expression Onions, Potatoes

And in rotation to the sites as available;

Broccoli, Swiss Chard, Kale, Summer Squash, Eggplant, Heirloom, Red Slicer and Saladette Tomatoes, Sweet, Bell, and Hot Peppers, Green Beans and Lettuce.

And in the U-pick (still going strong!)

A wide variety of culinary herbs, scallions, flowers, ground cherries, hot pepper, pole beans and many kinds of cherry tomatoes

RECIPE: TOMATO, GARLIC, AND POTATO FRITTATA

All the vegetable ingredients for this recipe are in the CSA share this week. Read the recipe and improvise on the theme ... adapted from www.epicurious.com. Serves 4.

- 6 whole large eggs
- 1/2 cup grated parmesan
- 1/4 tsp dried basil
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 4 garlic cloves, thinly sliced
- 3 tablespoons olive oil
- 1/2 pound boiling potatoes, peeled and cut into 1/4-inch dice
- 2 cups diced tomatoes or halved cherry tomatoes

Whisk together whole eggs, parmesan, basil, 1/4 tsp salt, and 1/4 tsp pepper in large bowl. Preheat broiler. Cook garlic in 1 tablespoon oil in a 10-inch heavy ovenproof skillet, stirring, until golden, about 1 minute. Transfer garlic to a bowl. Add potatoes to skillet and sauté until just tender, about 6 minutes. Add to the bowl with garlic. Add 1 tablespoon oil and tomatoes to skillet and cook, stirring, until tomatoes brown, about 4 minutes. Add remaining tablespoon oil and potatoes with garlic to skillet, spreading evenly, and sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.

Pour the egg mixture over vegetables and cook over moderately high heat, lifting up cooked egg around edges to let uncooked egg flow underneath, 3 minutes. Reduce heat to moderate and cook, covered, 5 minutes more (center will be moist).

Remove lid and broil frittata 5 to 7 inches from heat until set, about 5 minutes. Sprinkle top evenly with remaining 1/4 cup parmesan, then broil until cheese melts and frittata is golden brown, 2 to 3 minutes more. Slide onto a platter and cut into 4 wedges.



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).