



Newsletter, September 16 - 19, 2014

Volume 11, Issue 15

Farm News

Welcome to the Northeast! At the farm, we went from the warmest day of summer to a frost advisory in nine days. No frost yet, but we're surely seeing a slow-down in tomato production. The fall crops are still looking great however, and with this week's carrots you'll bring a little bit of that fall crop home!

Saturday, September 27, farm tour: We invite you to the farm for a farm tour – we start at the barn at 11:00 AM sharp. This is a great opportunity to learn how we grow all these great crops, and to get answers to your farm related questions. Weather permitting, we'll hook up the hay wagon, so we can cover some more ground than we can by foot. We're looking forward to seeing you for this approximately one hour event.

Garlic barter: If you were out at the farm to give us a hand with the garlic harvest, we again would like to say 'thank you' – please look at the sites this week for your share of the garlic help barter!

The 2015 CSA season: we have been getting some questions from current CSA members on how to renew their share for next season. As always, we'll share our 2015 CSA proposal first with our current members to give them the opportunity to reserve their shares – thereafter, we'll post the new membership form on our website and open the 2015 CSA for everybody else. We hope to have the 2015 CSA proposal ready in the next few weeks: watch your (e)mail box!

Enjoy this week's harvest, your farmers,

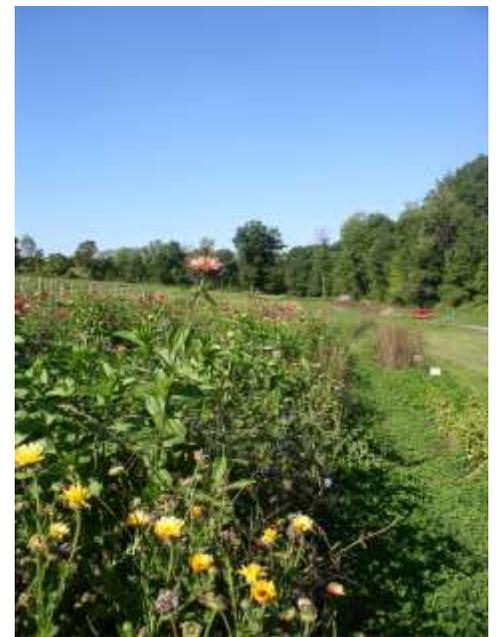
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Pictures: late season lettuce plantings – great flowers in the Upick – Johanna's chicks have left the brooder and are out on grass!

In this week's full share:

Lettuce
Potatoes – Adirondack Red variety is uniquely red skinned with red flesh, even after cooking
Scarlet Nantes Carrots

And in rotation:

Cauliflower
Beans
Cucumbers
Summer Squash
Eggplant
Tomatoes
Peppers
Corn

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
Flowers
Sunflowers
Cutting (soup) celery
Hot Peppers
Cherry Tomatoes
Pole Beans
Lemongrass

Recipe: Upside-down zucchini cake

From the kitchen of Debra Gallup, this is an interesting twist on the zucchini cake!

Ingredients for bottom of baking pan (see below):

3/4 cup brown sugar
1 1/2 tsp. cinnamon

Remaining Ingredients:

4 eggs	1 1/2 cups canola oil
3 cups sugar	3 cups shredded zucchini
3 cups flour	4 1/2 tsp cinnamon
3 tsp. vanilla	3 tsp. baking powder

Optional

1 cup of raisins
1 cup of chopped nuts

Mix the brown sugar with the cinnamon, and spread in the bottom of a greased 9x13" baking pan. Mix eggs, canola oil, additional sugar, shredded zucchini, flour, cinnamon, vanilla and baking powder (and raisins, and nuts), and add to the baking pan. Bake at 350°C for about 1 hour, until tooth pick comes out clean. Cool for about 20 min. and invert onto serving plate.



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 $\frac{1}{4}$ 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 $\frac{1}{4}$ mile too far. Turn around and find Fox Creek Farm Road on your left).