



Newsletter, September 22-25, 2015

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Farm news

Welcome to Fall! We're looking at some very nice late season crops – some of which can easily stand a frost, and others that need to be brought in to prevent damage. So between the regular CSA harvests and distributions, we've moved all the storage onions to the high tunnel to cure – the dense early morning fogs which are now a common occurrence seemed to set back any drying gain we made outside in the day before! The potato digger is back in the field too, to get the late season taters from the field to our storage barn. And in another week, we'll start digging our experimental sweet potatoes. While all could stay in the fields until a frost, strategically chipping away on these big harvest projects prevents a total pandemonium among your farmers and crew if the weather channel warns of that first frost.

2016 CSA season: We are starting to work on our 2016 CSA proposal. These first 15 weeks of this season were well received, and the selection, quantity and quality of the produce met our expectations (we hope it met yours, too). We don't see many changes in that area. Looking at the recent survey however, we think that a change from our current Tuesday/Friday to a Monday/Thursday delivery schedule is supported by a majority of the CSA membership. So next year we're starting a new tradition!

Garlic barter: By the end of this week, everyone who helped out with the garlic harvest should have received their garlic barter. If you have not, please let us know so we can correct our error!

Garlic for sale: Last year we took a break from our garlic sales to the CSA membership, but its back by popular request! Stock up on garlic above and beyond the quantities that are part of your share. Garlic is \$ 9.00 per pound, minimum order \$ 18 (that is 2 pounds or about 16 large heads). We'll take orders until Friday, Oct. 2nd, and will bring your garlic to the sites in the following week. Just send us a check with your payment, and we'll do the rest.

Farm Tour, Saturday, October 3. We invite you to come and see the farm in its fall splendor. Come at 10:00 for a cup of tea or coffee in the barn and mingle with your famers and other CSA members. We'll walk the farm or take a hayride (weather dependent) starting at 10:30, to return to the barn an hour later. And this is also a great opportunity for a meet-and-greet with Otoe, Johanna's horse!



Update from the fields: Unfortunately, we had to plow down the Brussel sprouts –a fungal disease got hold of them, starting to defoliate the plants and leaving the sprouts covered with black spots. We blame the heat stress for now, but we'll do some more research in the off season to figure preventative measures. As said previously, the other fall crops are doing wonderfully well – and at this time we're expecting a series of very nice shares coming your way. The cover crops that we seeded earlier this month are growing rapidly and protecting the ground from erosion, which is a really nice sight from the perspective of your hillside farmers!

Enjoy this week's harvest,

Your farmers,

Raymond & Sara

In this week's full share:

Garlic, Lettuce, Onions

And in rotation:

Winter Squash, Cauliflower, Beans, Broccoli, Eggplant, Bell Pepper, Carmen Sweet Pepper, Hot pepper, Red Slicer Tomato, Saladette Tomato, Heirloom Tomato, potatoes and Spinach.

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: Heavenly Mashed Potatoes

Adapted from Bert Greene's *Greene on Greens and Beans*, Tess Press, NY 1984-1988. Bert suggests to bake the potatoes first, and then to scoop out the interiors. We think it works also quite well with peeled and boiled potatoes – at least that is how we made this recipe here at the farm!

Ingredients:

2 pounds potatoes
1 teaspoons salt
¼ teaspoon black pepper
¼ teaspoon grated nutmeg
6 tablespoons unsalted butter
2 egg yolks
¼ cup whipped cream

Directions: Boil potatoes until done. Mash in large bowl. Add salt, pepper, nutmeg and softened butter. Beat until smooth. Beat in egg yolks, one at a time. Stir in the cream. Transfer to a baking dish, and bake for 15 -20 minutes at 350 °F until slightly brown on top. Serves 6.



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

Pictures: first page (top to bottom) A high tunnel full of onions – kale and cabbage – we almost finished painting the new barn! Second page – nice looking pie pumpkins. This page: new farm rules because of Otoe, the horse



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 reek 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).