



Newsletter, September 22-26, 2016

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Farm News

It happened. Fall moved in, even though the weather still feels hot and humid. The shorter days are slowing down the growth of the crops (and fortunately also the weeds) – one of the reasons why we ‘bank’ our succession plantings, so we can have almost mature crops sitting in the field waiting to become part of the shares.

The potato harvest is continuing. We must finally have figured out the idiosyncrasies of our vintage potato digger, as it is working without any real problems, in contrast to the frequent break-downs last year. We hope it keeps up for the last three-quarter mile of digging for 2016!

We’ve started to think about our 2017 CSA proposal. Yes, despite the difficulties we’ve reported about in earlier newsletters, we still believe that engaging (and creating) a community surrounding our farm is good for everyone involved. Buying farm direct is better for you, and better for the farmer.

We are working on some exciting new proposals that will likely increase the CSA membership to an economically (and ecologically) sustainable level. And if you want, we’ll invite you to help. To be continued.

The CSA share reflects the change in season. The tomatoes are noticeably slowing down, but we are starting to cut the first late season spinach. The first winter squashes will be rotating through the shares starting this week, too.

Looking at the weather forecast, by next week the temperatures should be starting to drop. We don’t know how long the flowers in the U-pick will last ... so if you are in the neighborhood ...

Enjoy this week’s harvest,

your farmers,

A handwritten signature in cursive script that reads "Raymond & Sara".

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Some more great pictures from the garlic work party of last week. Pictures on the first page by Deanna Fox. Thank you!

In this week's full share:

**Winter Squash, Garlic, Lettuce,
Yellow Onions, Potatoes**

And in rotation to the sites as available;

**Broccoli, Swiss Chard, Kale,
Eggplant, Heirloom and Red Slicer
Tomatoes, Sweet, Bell, and Hot
Peppers**

*And in the U-pick (slowly slowing
down!)*

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

RECIPE: Potato and Garlic Soup

Well, it's the time of year to consider a soup. Maybe not on one of those hot and humid days of last week, but more for a cool, early fall evening. And almost all the ingredients are in this week's share! Serves 4. Adapted from www.epicurious.com

Ingredients:

2 tablespoons olive oil (preferably extra-virgin)
1 cup chopped onion
4 cups canned low-salt chicken broth or vegetable broth
2 pounds potatoes, peeled, cut into 1/2-inch pieces
6 large garlic cloves, peeled
1 bay leaf
Salt and pepper to taste

Directions: Heat olive oil in heavy large saucepan over medium heat. Add onion, sauté until golden, about 10 minutes. Add broth, potatoes, garlic and bay leaf; bring to boil. Reduce heat to medium-low; cover and simmer until potatoes are tender (about 20 min.). Discard bay leaf. Coarsely puree soup (keyword here is "coarsely"). Return soup to saucepan. Season to taste with salt and pepper. Simmer until heated through. Ladle soup into bowls and serve.

Hands-on help with garlic

Fox Creek Farm CSA counts on its members

Story and photos
By Patsy Nicosia

It was all hands on deck Saturday when members of the Fox Creek Farm CSA in Gallupville helped trim, grade, and clean the 2016 garlic harvest.

Some 23,000 heads worth of the 2016 garlic harvest.

"It was a good year for our garlic," said Fox Creek Farm's Raymond Luhrman, who with his wife, Sara, has been running the CSA—community supported agriculture—farm for about 13 years.

With CSAs, members purchase shares in a farm's produce, which at Fox Creek Farm includes everything from cilantro to cut flowers to tomatoes, head lettuce, bell peppers, and, yes, garlic.

Mr. Luhrman said they have about 50 members from Schoharie County; others pick up their weekly deliveries at one of seven drop-off spots in the Capital District.

In addition to shares of produce, CSA members share in the risk of farming.

The business allows the

Luhrmans, who also hire some seasonal help, to make a living off their 12-acre farm.

It also gives members a farm to visit if they want, as well as a place to make friends: Saturday's garlic work party included a potluck lunch.

The rise of subscription services for fresh farm food, though is threatening CSAs like Fox Creek, Mr. Luhrman said, in part because they're not exactly what they seem.

Subscription services purchase produce or sometimes eggs and even meat from farmers at a slightly lower price than the farmer would typically sell them, boxes them up, and then sells it to customers for slightly higher, Mr. Luhrman said, which cuts into the already tight bottom line at true CSAs or even farm stands.

"I don't know where the trend's going, but it's got us worried," he said. "We're already seeing a drop in our retention rate. People need to understand the difference. With a CSA, it's like you own a small part of a farm."



Members of the Fox Creek Farm CSA in Gallupville lend a hand at Saturday's garlic work day, trimming, grading, and cleaning some 23,000 heads.

The farm had some really nice press in the September 14, 2016 edition of the *Times Journal*.
Thank you to Patsy Nicosia for a job well done!

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).