

# Newsletter, September 24 - 27, 2013

Volume 10, Issue 16



## Farm News

This Saturday, the trees started to drop their leaves noticeably, and the background at the farm is becoming increasingly colorful. Welcome to the beauty of early fall! And while the trees are slowing down for the season, we do

not. This week we cleared out one of the hightunnels and moved in the onion crop: with the shorter days and morning dews, the alliums had a hard time curing in the field. We continued our potato harvest – we're about 1/3 into the field. We built pallet sized- harvest bins: pretty soon we'll start harvesting winter squash. And we plowed under about 3 acres of fields that were in production this year, to get them ready for winter.

And aside from all this late-season harvest and field work, we are still distributing great shares of produce. We planned on the slow down of some crops like tomatoes and summer squash, and anticipated the decrease in crop growth by 'stocking up': in a couple more weeks, when crop growth really slows down, the farm will become sort of a giant outdoor refrigerator, more-or-less holding the crops until we harvest them.

**How long does the 2013 season go?** The CSA season will go as planned to the end of October. The 20<sup>th</sup> and last regular share will be at the sites on Tuesday, October 22 and Friday, October 25. In the week thereafter (10/29, 11/1) we are delivering the optional Winter Storage Share. If you've signed up for this share, we will be sending you a reminder email.

**The 2014 season:** As we are putting more acreage to rest for the season, we've started to work on our plans for the 2014 season. For the first time in the history of Fox Creek Farm, we will not increase the number of CSA members. The farm is at capacity right now. We practice organic farming principles and need a substantial amount of land in annual fallow to maintain soil fertility and control the weed pressure. As such, the acreage we added to the farm this season will help us to keep growing the great produce you're now accustomed to.

With the participation in the H2A program, the payroll for the farm grew substantially. In order to maintain the economic viability of your family farm, we have decided to marginally increase the share price – about 2.5%. We'll be finalizing our 2014 proposal over the next week. As always, we'll get our new proposal (and 2014 membership form) first to our current members, so you'll have 'first picks' to reserve your share for next year at your favorite pick-up site.

**Garlic:** A number of CSA members have been inquiring about the opportunity to purchase additional garlic. We decided to again offer garlic for sale: minimum order is 5 pounds, and for that we charge \$ 37.50. We set up a link on our website ([www.foxcreekfarmcsa.com](http://www.foxcreekfarmcsa.com), "garlic") where you can place your order through PayPal. You can order until Saturday, October 5. We'll deliver your order with your Tuesday, October 8 or Friday, October 11 share.

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

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

[foxcreekfarmcsa@earthlink.net](http://foxcreekfarmcsa@earthlink.net) - [www.foxcreekfarmcsa.com](http://www.foxcreekfarmcsa.com)



**About this week's share:** Full share members will receive Nantes carrots, head lettuce, yellow onions, garlic and fall spinach. We are rotating broccoli, cauliflower, mesclun mix, Swiss chard, kale, tomatoes, summer squash, corn, eggplant, and bell, hot and sweet red peppers. Note that our summer broccoli tastes best cooked. As always, medium share members will be getting a variation on these items.

Your farmers,

*Raymond & Sara*



## **RECIPES:**

### **Spinach Salad with Apple Vinaigrette**

This and the following recipe are adapted from <http://southernfood.about.com>. Remember to email us your favorite recipes!

- 1 bag fresh spinach, about 10 to 12 ounces
- 1/2 cup granulated sugar
- 1/2 cup apple cider vinegar
- 1-2 teaspoons grated onion
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/4 cup vegetable oil
- 3/4 cup finely chopped apple
- Crumbled cooked bacon, for garnish, optional

Wash spinach and let dry. Whisk together sugar, vinegar, onion, mustard, salt, oil, and apple, or pulse a few times in blender. Refrigerate spinach and dressing separately until serving time. Pour dressing over spinach just before serving and toss. If desired, sprinkle with crumbled bacon.

# Wilted Spinach Salad

10 to 12 ounces fresh spinach, washed and torn into bite-size pieces  
1/8 cup minced onion  
2 hard-cooked eggs, 1 chopped, 1 sliced  
2 to 4 slices bacon  
1 to 1 1/2 tablespoons bacon drippings  
1 1/2 tbsp. sugar  
3 tbsp. vinegar  
1 tbsp. water  
1/2 tsp. salt  
1/8 tsp. pepper

Place prepared spinach in a large bowl. Add onions. Refrigerate, tightly covered. Fry or microwave bacon until crisp; remove to paper towel and set aside. In a small jar or measuring cup combine drippings with sugar, vinegar, water, salt and pepper. Refrigerate all ingredients until just before serving. When ready to serve, heat the dressing in a saucepan until just boiling. Toss the chopped egg with the greens then pour the hot dressing over greens mixture; toss again lightly. Top with sliced egg and crumbled bacon.

**Pictures:** front, top – Gathering onions to cure from the field (Karin hauling some more onions) - bottom- Sara helps fine-tuning the potato harvester (potato harvest, continued). Middle page: Some of Johanna’s great pictures – everyone working hard getting the onions spread out in the hightunnel to cure. This page: “Onion study” (by Johanna, too).



**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).