



Newsletter, Sept. 29 – Oct. 3, 2016

Volume 13, Issue 17

Farm News

Early this week we had patchy frost – moving quickly from a warm summer to a brisk fall. Lulled by the previous moderate temperatures, we were tempted to relax on harvesting our late-season crops. But we did not. All potatoes are now warm and dry in the barn, and by the end of the week, the winter squash will be inside, too. That gives us just enough time to establish some more cover crops. They will protect our soils from the harsh winter weather, and increase our soil fertility to boot.

Over the next few weeks, you should receive our invitation in the mail to renew your CSA membership for the upcoming growing season. We would really like to know if you'd be up for another adventure of eating local and in season – meanwhile supporting your farm and farmers.

We'll be adding at least one new site in 2017, at a location in downtown Albany. We also are making our membership referral program a lot easier. We'll also be offering some choice in payment options. We're planning on quite some more community outreach – presentations, interviews, workshops, fairs. And we are keeping the share price the same as this year.

As we wrote last week, despite this year's challenges, we remain strongly committed to our CSA. 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!

Don't ask us what happened to the tomatoes ... they're the best indicator of a change of season! It's time for roasted root crops, soups, and pies – let the oven take the chill out of the house while creating another great meal!

Enjoy this week's harvest,

your farmers,

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

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





First page: Our barn is now filling up with the fall harvest. Center: cover crops. Bottom: still beautiful flowers in the U-pick. This page: Johanna's chicks are growing! Last page: fall foliage preview.

In this week's full share:

Pie Pumpkin, Garlic, Lettuce, Yellow Onions, Potatoes, Beets with Tops

And in rotation to the sites as available;

Broccoli, Eggplant, Heirloom and Red Slicer Tomatoes, Sweet, Bell, and Hot Peppers, Cauliflower and Spinach

And in the U-pick

A wide variety of culinary herbs, scallions, flowers, hot pepper and pole beans

RECIPE: PUMPKIN PIE

To prepare pumpkin: Cut pumpkin in half and remove seeds and string. Place pumpkin sections on baking sheet, flat-side down, in a water bath. Bake at 375 degrees for 45 to 60 minutes (depending on thickness) until tender. Scoop out pumpkin and mash with potato masher.

Shell – Make pastry; line 9” pie pan

Filling – Combine;

- | | |
|-------------------------------|----------------------|
| 1 ¾ cup mashed cooked pumpkin | ½ tsp salt |
| 1 ¾ cup milk | 3 eggs |
| 2/3 cup packed brown sugar | 2 T granulated sugar |
| 1 ¼ tsp cinnamon | ½ tsp ginger |
| ½ tsp. nutmeg | ¼ tsp. cloves |

Pour into uncooked pie shell. Bake at 425 degrees for 45-55 minutes or until a knife inserted 1 inch from the side of pan comes out clean. Center may still be soft but will set as pie filling cools.

Pumpkin Pie Brulee: give a basic pumpkin pie a sugary topping by sprinkling with 2 tbsp. sugar and broiling until sugar melts; cool. Then sprinkle with another tbsp. sugar and broil again to golden brown.



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 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 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).