

Newsletter, Oct. 7 – Oct. 10, 2014

Volume 11, Issue 18



Farm News

Well, fall has set in at the farm. The temperature has dropped substantially, the foliage is turning color, and the geese are foraging corn fields, getting ready to head south. We're preparing this year's fields for winter – picking up irrigation, turning under the remains of harvested crops. And we're planting cover crops to improve the soils and prevent erosion. Meanwhile, harvests are still coming in as planned, or actually, better than planned. It is great to share the abundance with all of you!

When is the last *regular* CSA pickup of the season? And what about the winter storage share? We've been hearing this question a lot – as planned, the last regular CSA pick-ups are Tuesday, October 21 and Friday, October 24. The next week (10/28 and 10/31), we'll deliver the winter storage share, if you have signed up for that additional share.

We mailed our 2015 CSA proposal: This week, you should receive our CSA proposal and membership form by mail. Most of the news in our proposal was already in this newsletter: no increase in share pricing, and the launch of our exciting 'Healthy Food for All' project.

We really hope you consider committing to your CSA early by reserving your share for next season. Your deposit with the membership form does not only help the farm to remain economically viable throughout the winter and early spring. Your early commitment will also guarantee you'll be bringing home again the great produce you've grown accustomed to at your preferred site.

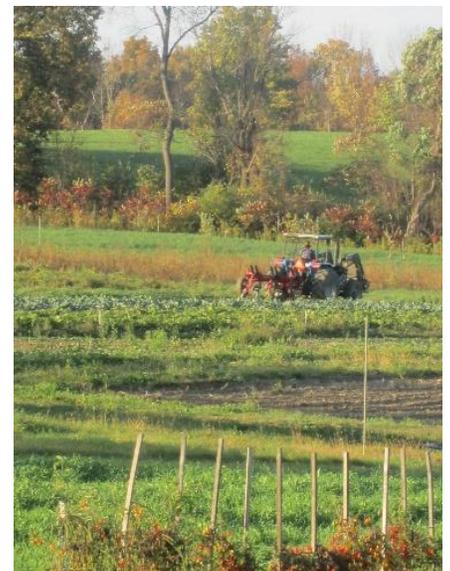
We are looking forward to hearing from you. Meanwhile, make sure to bring some sturdy bags to bring home this week's share!

Enjoy the bounty, your farmers,

Raymond & Sara

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In this week's full share:

Butternut Winter Squash or Pie Pumpkin – For best butternut flavor, cure near furnace (about 80 degrees F) a few days, then wait a few weeks before eating

Lettuce

Green or Turning Tomatoes – these can be cooked green (see recipe for a suggestion) or left at room temperature to ripen

Yellow Onions

Garlic

Cabbage

Potatoes

And in rotation:

Spinach

Broccoli

Last Peppers, baby eggplant and tomatoes

Please note that Medium share members will be getting a variation on these items.



What's ready in the U-Pick:

Dill

Cilantro

Summer savory

Chives

Parsley

Oregano

Sage

Marjoram

Thyme

Leaf fennel

Flowers

Cutting (soup) celery

Hot Peppers

Lemongrass

Recipe: Green Tomato Gratin

This recipe is becoming a Fox Creek Farm classic of sorts ... Raymond came along a recipe for a green tomato gratin. Just in case the green tomatoes in this week's share have not found a good recipe yet, you might want to try this surprisingly good dish:

1 lb green tomatoes sliced 1/8" thick

For mornay

1 1/2 Tbsp. butter

1 medium onion, minced

2 tsp. flour

3/4 C half and half

1/2 tsp. salt

1/2 C parmesan

1/8 tsp. nutmeg

for breadcrumb topping

1/2 C breadcrumbs

1/4 tsp. salt

black pepper

1 Tbsp. olive oil

Put the oven rack in the middle position and preheat to 450 degrees F. Mix all the ingredients for the breadcrumb topping together and set aside. To make the mornay, put the butter and onion in a small saucepan and sauté over medium heat until translucent. Add the flour and stir for about 1 minute. Whisk in the half and half, and then add the cheese, salt and nutmeg. Continue whisking until the mornay thickens, then take it off the heat.

Mix the slices of green tomato into the mornay and arrange in a small oven-safe casserole dish. Spread any remaining sauce on top of the green tomatoes. Sprinkle the breadcrumb topping evenly on top then place the dish in the oven.

Bake for 10-15 minutes or until the sauce is bubbling and the breadcrumbs are golden brown. Serves 4.

The Family Farm 4-H club had their annual 'From Scratch – from the garden' dinner last Sunday. They invited Capital District Community Gardens' Squash Hunger coordinator Audrey Bridge to accept over 200 pounds of potatoes they grew and harvested for donation to her programs. Some pictures below!



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).