

Newsletter, October 8-11, 2013

Volume 10, Issue 18



Farm News

In between Tuesday's delivery and harvesting for Friday's share, we plowed the field for this year's garlic planting, continued the harvest of our fall storage crops, and seeded a lot of cover crop. And just after completing all the work, there came the rain. It was a great occasion of nature giving us a hand. All the new moisture greatly helped to get the just seeded cover crops to germinate. This late in the season, it's good not to lose out on precious growing time!

With the rain, the weather finally feels more fall-like. The foliage still makes for spectacular sights on and around the farm, and if you've not been at *your* farm this season, this is a great time for a visit. Come enjoy the fall beauty of Schoharie County.

Winter storage share: As you know, the regular CSA season goes to October 22 for the Tuesday sites and October 25 for the Friday sites. The week after that, we'll be delivering the winter storage share. Most of the fall crops are looking above expectation. As with the regular CSA share, we'll split the bounty with everyone who signed up for this optional storage share. And right now it looks like it's going to be quite a heavy haul! Over the coming weekend, we will sort through our files and send everyone who did sign up for the winter storage share a reminder by email.

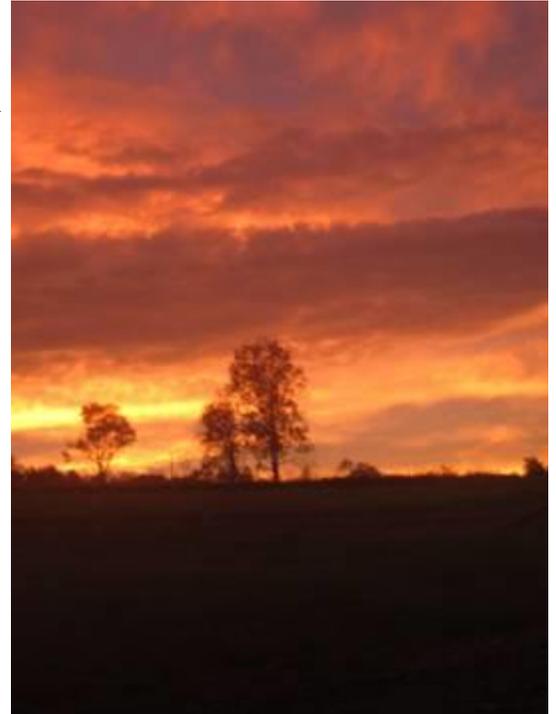
Garlic: Our non-scientific marketing research seems to show that payment by check is better for most of our CSA members ... thank you for your orders! We are packing them now, and your garlic should be at the sites this week. Remember to take the garlic out of the box promptly and store in a cool, dry and well ventilated place.

The 2014 CSA Season: As we stated in last week's newsletter, we are looking forward to continue being *your* farm and farmers for the years to come, and we would be delighted to grow for you and your family again next year. This week, we'll be *mailing* you the 2014 membership packages if you pick up at SUNY or in Delmar, and we'll be handing you the same materials at the HWFC, farm and Schenectady sites. We will be in Altamont on October 18 (5:00 – 6:00). Completing the membership form and returning it with a \$100 deposit guarantees your participation in one of the premier CSA farms of the Capital District.

About this week's share: Full share members will receive winter squash, cabbage, potatoes, head lettuce, onions, Swiss chard and garlic. We are rotating broccoli, cauliflower, parsley and of the last tomatoes, baby eggplant and peppers. As always, medium share members will be getting a variation on these items.

Your farmers,

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



Fox Creek Farm CSA U-Pick: *Ready to harvest*

Thyme	Basil
Oregano	Chives
Marjoram	Scallions
Parsley	Sage
Leaf fennel	Cutting Celery
Dill	Cilantro
Flowers	

*Harvesting in the U-pick garden is part of your
CSA share – come anytime!*

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 - www.foxcreekfarmcsa.com

RECIPE: Basic Roasted Acorn Squash Recipe

We found this recipe on the internet (and most recipes suggest to roast the Acorn). You can substitute other winter squash, but depending on the size, they may take more or less time to cook. After roasting, the center of the squash will be filled with a small pool of melted butter and brown sugar. And with the evening temperatures dropping, the oven will leave the kitchen nice and toasty. Enjoy!

INGREDIENTS

1 medium acorn squash (about 1 pound)
1 tablespoon unsalted butter, cut into 4 pieces and at room temperature
Salt
Freshly ground black pepper
2 teaspoons packed light or dark brown sugar

INSTRUCTIONS

Heat the oven to 400°F and arrange a rack in the middle.

Meanwhile, cut the squash in half lengthwise and scrape out the seeds. Cut a small slice off the rounded side of each half to stabilize the halves so they sit upright.

Place the halves cut-side up on a baking sheet. Using your fingers, coat the flesh of each half with 1 piece of the butter, then season generously with salt and pepper. Divide the sugar and remaining butter pieces between the squash cavities. Roast until fork tender, about 45 minutes to 1 hour.



Pictures: front, top – Sunset after Monday’s rain and thunderstorms. Jean and Sara harvesting winter squash. This page: early fall evening – view to the South. Cover cropped fields ready for next season. *Most pictures by Johanna.*

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).