



Newsletter, October 6 - 9, 2009

Volume 6, Issue 18

Farm News

This late season is rather spectacular – no serious frost yet, and ample opportunity to get the farm ready for winter. All our onions are now cured, topped and bagged, ready to move into the barn.

All the fields we finished harvesting from are in cover crops, and we started to move our irrigation system out of the field. Meanwhile, we are still picking tomatoes (a rather unexpected surprise, especially knowing that we've been dealing with the late blight).

Last Friday we had our first 'Meet your Farmer' at our SUNY site, and appreciated the feedback we got from all the folks picking up their veggies over there – it's great to hear our member's ideas about share size, variety and quality of the produce. We'll take your ideas for our winter planning, and make adjustments to our planting plans. By the way, we'll again be distributing our 'end-of-season' questionnaire this year, which we also use to gather your feedback. This week we'll be at the HWFC and Altamont sites – bringing with us our early 2010 CSA proposal and sign-up forms, too.

As you may know, the farm grows some onions and garlic for the wholesale market – we'd like to offer you the opportunity to stock up on these storage crops for the winter. We are offering our garlic (German red, Purple Glazer, and Spanish Roja) at \$ 7 per pound with a 1 pound minimum order. We also have yellow onions in 25 pound bags (\$ 25). Email us your order order (or send us your check and order by mail) if you are interested and we'll bring your order to your pickup site.

In this week's share you'll find our fall spinach, beets with tops, lettuce, garlic, onions, potatoes and Acorn winter squash. In rotation this week are all the peppers and some of the last ripening tomatoes. FYI: Next week we'll likely have Carnival dumpling winter squash, Danvers carrots, spinach, lettuce, onions, potatoes and garlic. In rotation will be more tomatoes and peppers.

The U-Pick garden is winding down but still worth a visit – there are still herbs and a few fall-hardy flowers.

Your farmers,

END OF SEASON POTLUCK
OCTOBER 17

Mark your calendars! We invite you to our 'end of season potluck' at the farm on Saturday, October 17, with lunch around 1:00, and activities starting at 2:00.

Come warm yourself at our bonfire, enjoy the scavenger hunt, learn how to make a garlic braid, and make seasonal cornstalk decor!



MEET YOUR FARMER

Tuesday, October 6

Friday, October 9

Tuesday, October 13

Friday, October 16

HWFC

Altamont

Delmar

Farm

Recipe - BEET SALAD

Sophia Caggiano, our workshare helper at the SUNY site, got us this beet salad recipe. She says: "I thought I didn't like beets, but I made them with this recipe and it turns out that I love them!"

- 5 medium beets
- 2 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 2-3 cloves garlic, crushed or minced
- salt and freshly ground pepper to taste

Wash the beets and boil until tender, about 45 minutes (or 20 minutes in a pressure cooker). Remove the skins by running cold water over the boiled beets, and then slipping of their skins. Slice the beets and toss with the olive oil, vinegar, garlic, and salt and pepper.



Fall foliage at the farm – we expect the colors to be spectacular around the weekend of our 'end of season' potluck – we are looking forward to seeing you!

Barn dance, October 17 – Our CSA members Mike Warner and Emily Davis invite you to the Knox Barn Dance and 30th Anniversary of the Northeastern Cave Conservancy at the Ocatagon Barn in Knox. The dance is on October 17 and starts at 6:00 PM – just after our 'End of Season' party!

For more information: www.necaveconservancy.org/barndance/

Farm visits – Feel free to come and visit the farm. The farm and U-Pick are open to visit anytime, but on harvest days (Tuesdays and Fridays) our time is very limited – on other days we'll gladly show you around a bit. It's a great opportunity to see how we produce your vegetables, and to enjoy the scenic farm site. Bring some kitchen leftovers to feed the chickens!

Directions to the farm: From Altamont: Follow Rt. 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 (*)).

Fox Creek Farm, c/o Sara and Raymond Luhrman, 182 Fox Creek Farm Road, Schoharie, NY 12157

Phone: (518) 872-2375. Email: foxcreekfarmcsa@earthlink.net