



# Newsletter, October 13-16, 2009

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## Farm News

The weather changes quickly here in the Northeast – a few weeks ago we were still irrigating and now we're waking up to white, frost covered fields.

With a frost warning in the weather forecast, we spent Saturday moving winter squash from the fields to the barn – and now we're moving the squash from the barn to the pick-up sites. Being part of a CSA, and eating fresh and locally grown vegetables also brings the seasons to your table!

We're continuing our 'Meet the Farmer' series with the last two sites this week: Delmar and the farm. We'd also like to invite you to our 'End of Season' potluck this Saturday, October 17 from 12:00 to 5:00 PM, with lunch at 1:00 and activities starting at 2:00. Come warm yourself at the bonfire, learn how to make a garlic braid, and play in the scavenger hunt! And despite the title of the event, the CSA distributions continue as planned to the end of October, with an additional share ready for pick up in the week before Thanksgiving.

In this week's share you'll find carrots, lettuce, garlic, onions, potatoes, winter squash, green tomatoes and more of our fall spinach. We are rotating pie pumpkins and our last peppers, rescued from the frost. FYI: Next week we'll likely have parsnips, beets with tops, winter squash, spinach, lettuce, onions and garlic. In rotation will be the remaining pie pumpkins.

Your farmers,  
*Raymond & Sara*

## END OF SEASON POTLUCK This Saturday, OCTOBER 17

We invite you to our 'End of season potluck' at the farm, this Saturday, October 17. We'll have the bonfire going at 12:00, potluck 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!

Please bring a dish to share, and BYOB!

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## Recipes

### SPINACH SOUP HYSTERIQUE

This spinach soup recipe is a favorite of your farmers – Sara found the recipe in the 'Café Beaujolais' cookbook, and what follows is our take on this quick (30 minute) soup. Serves 4 quite hungry folks.

1 large onion, chopped	1 ½ tsp salt
¼ cup butter	½ tsp pepper
5 cups chicken or vegetable stock	¼ tsp nutmeg
1 bunch fresh spinach	Sour cream
2 Tb uncooked white rice (or 1/3 cup cooked brown or white rice)	

Sauté onion in butter until it is translucent, about 5 minutes. Add stock, bring to a boil, add the rice, turn down and simmer for 20 minutes (note: if using precooked rice cooking time can be cut to 10 minutes). Add spinach and seasoning, and continue simmering for 5 minutes. Blend in blender. Serve with sour cream.

### GREEN TOMATO SALSA

A while ago we sent one of our farm hands, Shawn Gadwa, home with some green tomatoes. Shawn came back with this Green Tomato Salsa recipe, which he found after an extensive search on the internet. He says: "There were tons of other recipes online for green tomatoes (Green tomato stew (various kinds... one with pork, one was a lentil stew), green tomato soup, green tomato pie, green tomato relish, green tomato jam (if you're into that), etc. etc.). So far, we've only tried the green tomato salsa recipe and I think it's really good."

1 lb green/turning tomatoes (approximately 2 cups chopped)	1/3 cup vinegar
1 large or 2 medium sweet or bell peppers	1 garlic clove, minced
¼- 1 hot pepper, minced (depending on taste)	Cayenne pepper to taste
1 medium onion	2 T lemon juice
black pepper and salt to taste	

Coarsely chop tomatoes, onions, and peppers. Combine all ingredients in a large kettle and mix well. Heat to boiling, then simmer uncovered for 25 minutes, stirring frequently. Enjoy!

### ONIONS AND GARLIC FOR SALE!

We still have bulk onions and garlic for sale – your opportunity to stock up for winter! Yellow onions are available in 25 pound bags (\$ 25), and garlic at \$ 7 per pound, with a 1 pound minimum order. Sorry, the German Red has sold out – remains the Spanish Roja and Purple Glazer. Email us your order (or send us your check and order by mail) and we'll bring your order to your pickup site.

**Farm visits** – Feel free to come and visit the farm. The farm is 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 (\*)).