



Newsletter, October 27-30, 2009

Volume 6, Issue 21

Farm News

While we are moving towards the beginning of November, the past week on the farm felt like late summer. What a treat to be able to plant our 2010 garlic crop without battling the snow or excess wetness of last year. 10 pairs of hands put in almost 200 pounds of garlic cloves in one day. It's surely nice to have this major part of our late season work done before cold weather sets in.

This is the last CSA share on our regular weekly schedule. We'd like to know what your thoughts are about this CSA season. As in the past six years, we are giving out our 'End of Season Questionnaire', and with your feedback we can improve on next season's crop plans and variety selections. We are looking forward to hearing from you – please take a copy of the questionnaire at your pick-up site.

Our 2010 CSA membership is growing strong! At the time of this writing, we've already filled over 20% of our 200 member goal for next season – and we'd like to remind you that we are offering an early reservation discount, which will expire November 1st. Aside from the discount, your early renewal will help us cover early season farm expenses. It will also further increase the financial stability of the farm operation, and help us plan our winter marketing efforts for next year's growing season.



The garlic planting crew at work!

In this week's share you'll find Danvers carrots, winter squash, onions, garlic, lettuce, and Brussels sprouts, as well as beets with tops or Swiss chard. In the Thanksgiving share (see announcement below), we'll likely have Brussels sprouts, Danvers carrots, Butternut winter squash, red cabbage, onions and garlic.

Your farmers,

Raymond & Sara

**THIS IS THE LAST CSA DISTRIBUTION
ON A WEEKLY SCHEDULE!**

The next pick up will be for our 'Thanksgiving Share'
on Tuesday, November 17 for our Delmar and HWFC sites
and on
Friday, November 20 for the farm, Altamont and SUNY sites

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

Recipe

Sweet Vegetable Soup

Susan Jacobsen sent us this vegetable soup recipe. Liquid and vegetable amounts are approximate; and have been modified already below based on availability of ingredients. This recipe makes a naturally sweet, orange-colored chowder soup with infinite variability. Serves 6 or more.

4 cups peeled and sliced carrots (slices about 1/8 inch)
1 cup water
½ cup or so onions, chopped fine
1 Tbsp butter (recommend no substitute – good flavor in a small amount)
Up to 1 qt chicken or vegetable broth
1 large potato, cubed (about 1.5 cups), peeled or not as you prefer (skins may not puree thoroughly)
1 ½ cups corn – frozen and thawed, cut off the cob, or canned and drained
1 ½ cups skim milk
salt, pepper, parsley (at least one Tbsp if dried) to taste

In a large soup pot combine carrots, the water, and enough broth to sustain the boiling of the carrots for 10 minutes, or until they are very tender (break easily under the fork). While the carrots are boiling, sauté the onions in the butter in a small pan until they are transparent. Remove onions and any liquid butter to a medium bowl; turn off heat. Remove boiled carrots with a slotted spoon to the container holding the green onions; add more of the chicken/vegetable broth to the carrot liquid remaining in the pot. Add potato and boil for 8 minutes or until quite tender.

Combine all the cooked vegetables – carrots, onions, potato – and their liquids in the cooking pan or remove to a food processor or blender for pureeing. (An electric hand blender to puree in the pan saves transferring to other containers and back.) Return to cooking pan. Add broth to taste (remember that milk will thin the soup further), and corn. Heat at low temperature while stirring in parsley and seasonings. Once corn and soup are heated through, stir in the milk. Serve immediately or freeze for later delight.

Variations, after you taste the soup first: add fresh mozzarella or mild cheddar cheese, garlic, minced onion, scrambled egg, oregano, nutmeg, or chicken sweet-Italian sausage. All of these and more are good and most will reduce the sweetness of the soup.

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 (*)).