



Newsletter, June 8-11, 2010

Volume 7, Issue 1

Farm News

Now that we started harvesting, the 2010 CSA season has come to a complete start. The unusual warm weather of the last few weeks, in combination with our irrigation was a treat for most of the vegetables out in the field. And without freakish late frosts like we experienced last year, this spring has been a very pleasant one on your farm and for your farmers.

During the winter we fine-tuned our farm plans, worked on the barn and our farm equipment, and kept up with the big snow storms in February. We added a puppy to our household – Clover is now 8 months old and still in training to become a very good CSA farm dog. When the ground defrosted we had John O'Pezio come out again to pound some additional corner posts for our deer fence project. Right now all our production fields are fenced in and the deer are out.

We are excited to let you know that we are starting this CSA season with a 'full house'. All our 208 CSA shares we planned on producing this year have found a home. For all of you who helped spreading the word about our farm to family and friends, we'd like to say 'Thank you'. And to all who have joined for the first time, welcome to the adventure of eating local and in season!

In this week's share you'll find fresh spinach, mesclun mix, lettuce, Pac choy, mizuna and garlic scallions. We are also starting a rotation of radish. We rotate vegetables that don't mature at the same time throughout all the sites. Garlic scallions are baby garlic, and can be prepared like scallions by removing imperfect layers and then chopping both stalk and green leaves. Best cooked, chop very fine if using fresh wherever garlic is regularly used. Mizuna is a mild Asian mustard, an ingredient in mesclun mix, and a great salad base of its own. Pac choy (a.k.a. Bok choy), is another oriental vegetable found in countless Chinese recipes, etc. Try our crepe recipe that follows or simply use in a stir fry by cooking stems first until tender, then leaves (Note: garlic scallions go well with it). Mesclun mix is a salad mix of baby lettuce, arugula, mustards and kale. Please note that cooking times for standard vegetable recipes will be greatly reduced by the freshness of your CSA vegetables. *Remember, all these vegetables have been hydro cooled to remove field heat and maintain freshness, but need washing at home before consumption.*

For next week we expect to harvest: spinach, mesclun, lettuce, garlic scallions and arugula, as well as a rotation of radish and the first edible podded snap peas.

We hope you'll enjoy the first fresh greens of the season, as a prelude to all the other fresh vegetables that will come.

Your farmers,

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

Visit your farm, meet your farmers and other members
SUNDAY, JUNE 27

12:00 to 4:00 PM with pot-luck lunch, farm tour and games

Mark your calendar!

More information next week



Top: planting potatoes at the farm. Center: Johanna with our new bee nukes. Above: piglets

Recipe

Sesame Crepes with Stir-Fried Pac Choy

This recipe has been adapted from *Local Flavors* by Deborah Madison. If you have a recipe to share, please send it our way (e-mail preferred). We'll hold onto recipes for vegetables harvested later in the season.

3 eggs
1 T sesame or peanut oil
1 T vegetable oil, plus extra for the pan
1 cup water
¾ cup milk
½ tsp salt
1 cup flour
¼ cup black or white sesame seeds

1 medium onion
1 medium or 2 small head(s) Pac choy
salt to taste
2 T peanut oil, or other vegetable oil



To make the crepes, combine first 6 ingredients in a blender on high speed. Add the flour and blend briefly, then set aside. Toast the sesame seeds and set aside. Heat a 9" pan with a little vegetable oil, then add 1/3 cup batter and swirl it around the pan. Scatter some sesame seeds on top and cook until golden on the bottom, about one minute. Loosen the crepe, flip it over, and cook the other side until it's dry, then slide it onto a plate. Continue making all the crepes. Wrap the stacked crepes in foil and put in a warmed oven. Now sauté the finely chopped onion in the peanut oil until translucent. Chop the Pac choy stems into ¼" pieces, add to the onions and continue to cook until tender. Add chopped green tops and cook until just done. Season with salt to taste and put in serving dish. Each person can assemble their own crepe stuffed with the Pac choy stir fry. Enjoy.

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 and pigs! All the fencing on the farm is electric – please be careful.

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 (*)).

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
www.foxcreekfarmcsa.com