



# Newsletter, June 15-18, 2010

Volume 7, Issue 2

## Farm News

We hope you all enjoyed the first harvest of the season – after getting all our produce on the truck and to the sites on schedule last Tuesday, you could hear a sigh of relief on the farm. And according to our workshare members at the pick-up sites, all went quite smooth there, too. A great start to another harvesting season!

As you may know, the folks that help at our sites are our volunteer workshares– Angela in Delmar, Shana at the Co-op, and Sophia at our SUNY site have been helping us in the past season(s), too – and new on board for this year are Joan in Altamont and Cheryl in Schenectady. They are there to make sure the vegetables are ready for pick up by 4 PM, and to keep the boxes stocked till 6, and to help you when needed to explain our pick-up and measurement systems.

For example, last year we started to move away from our volume measurements for leafy greens and introduced our scales – while we counted at the farm how many quarts of Mesclun would go into a bushel box, for example, we either would have substantial left-overs or run short at the site. By weighing the produce at the farm and at the sites, this problem is avoided, resulting in a more equal produce distribution, too.

Our workshare members are also the intermediaries for Fox Creek Farm's food donation program. Vegetables that do not get picked up before closing time get donated to various organizations. In Delmar, the Delmar Reformed Church takes care of the extra – for donation to a homeless shelter, and for their Deacons Table project. At the Co-op, the extra goes to the Food Pantries of the Capital District, SUNY's extra's go to the Squash Hunger project of the Capital District Community Gardens, the Schenectady site works with Heritage Home, a nursing home for women on Union Street, and the extra's from the Farm and the Altamont site gets donated to a church-run food relief effort in Gallupville.

We were glad to notice that many of you brought your own bags to the vegetable pick-up. While we provide some produce bags at the sites, recycling helps the environment, and also helps to keep the farm's spending on packaging materials within reason. Thank you for helping!

On Sunday, June 28 the barn doors will be wide open for our annual 'Meet the Farmer' potluck and party. We invite you to come – bring friends and family, a dish to share and your own beverages – and visit your farm, farmers and other members. Join us on a farm tour and learn more about organic vegetable production, our crops and rotations. Come play in some old-fashioned farm games. We are looking forward to meeting you!

In this week's share you'll find fresh spinach, mesclun mix, butterhead lettuce, arugula and garlic scallions. We are also rotating "Easter Egg" radish and our first edible-podded snap peas. 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. This week's arugula is very spicy due previous hot weather and should only be used cooked or in the pesto recipe that follows. *Remember, all these vegetables have been hydro cooled to remove field heat and maintain freshness, but need washing at home before consumption.*

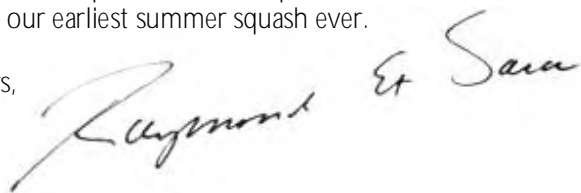


*Pictures from the farm by  
Mike Vasiliaskas*

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 in this newsletter

For next week we expect to harvest: spinach, mesclun and lettuce, as well as a rotation of radish, edible podded snap peas, parsley, and possibly our earliest summer squash ever.

Your farmers,



## Recipe: Arugula "Pesto"

Because of the enthusiasm for this recipe last year, we decided for another rerun. It comes from *Recipes from America's Small Farms... Farmers, Chefs, and Members of Community Supported Agriculture Invite You to Share the Harvest*. This recipe has been modified slightly for what's in season this week in your share. She "spreads it on crusty bread, mixes it with noodles, and adds it to sandwiches for a zing." Delicious! Please take some time to send your favorite vegetable recipes our way (email preferred).

2 cups loosely packed arugula  
¼ cup walnuts  
1-2 Garlic scallion(s), white stems chopped and greens removed (see "farm news")  
2 T parmesan or Romano cheese, more to taste  
Salt and freshly milled black pepper  
¼ cup olive oil

Combine the arugula, walnuts, garlic, cheese, and salt and pepper to taste in a food processor and process until finely chopped. Gradually add the oil through the feed tube of the processor with the motor running, until the mixture is a smooth paste.



ABOUT THE PICTURES IN THIS WEEK'S NEWSLETTER: Last winter we were contacted by Mike Vasiliauskas, a professional photographer from Cobleskill. He was looking for a farm to make pictures to expand his portfolio, and we gladly invited him over. We hope you enjoy his pictures of the farm in this week's newsletter, with more to come.

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 (\*)).

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