



# Newsletter, June 29-July 2, 2010

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## Farm News

This weekend we hosted our annual 'Meet the Farmer' potluck and farm tour. Despite the weather, quite some folks showed up and brought an outstanding lunch together. The rain spoiled our first attempt to tour the

farm, but the second one worked even with another rainstorm passing through at the time we were farthest away from the barn. Thank you for sharing your afternoon, dishes and questions with us! And if you liked visiting the farm, around the end of July we will be hosting our 8<sup>th</sup> annual garlic harvest party – we'll keep you posted!

The U-Pick garden is starting to produce enough flowers and culinary herbs to declare it 'open for the season'. For reasons of crop rotation, the U-Pick is no longer under the windmill, but marked with a sign in the first field on your right as you drive up our farm road. At the U-pick you'll find a blue box with instructions and supplies – not all herbs are ready to be harvested yet, and with some attention to the guidelines we can make sure there'll be enough for everyone over the course of the season.

In this week's share you'll find our first harvest of beets with tops, summer squash, fresh spinach, mesclun, edible-podded peas, and garlic scapes. We are rotating broccoli and parsley. Beet tops can be used like Swiss chard (or even substituted for cabbage in Borsht soup). These mature scapes should be trimmed of flower and any yellowing/woody stems, then cooked wherever garlic is normally used. Please remember to wash your produce.

For next week we expect to harvest: baby carrots, lettuce, edible-podded snap peas and summer squash. We'll continue to rotate our first broccoli crop.

Your farmers,

*Raymond & Sara*



## Recipe: Five Minute Beets

Lisa Vines shared this recipe with us – it is based on Deborah Madison's *Vegetarian Cooking for Everyone* (New York: Broadway Books, 1997)

About one pound beets; peeled and grated  
1 T butter  
Salt and pepper  
Lemon juice or vinegar to taste  
2 T chopped parsley, tarragon, dill, or other herb

Melt the butter in a heavy skillet. Add the grated beets, toss with salt and pepper to taste. Add ¼ cup water, then cover pan and cook over medium heat until beets are tender—then remove lid and boil off excess water. Season as desired.



## Recipe: Garlic Scapes with Grass Fed Beef and Tamari

Raymond put together a dish for the potluck with garlic scapes and grass-fed beef (from our friend and CSA members Kevin Kilmer and Deidre DeSantis, neighbors of the farm, who have been raising grass-fed beef for as long as we can remember). After stewing, the garlic scapes will get a very soft, green bean like texture.

Stew beef, approximately 1 pound, cut into bite-size pieces  
Garlic scapes, cut in 1-2" pieces (discard the tops and the very ends, only)  
4 Tablespoons olive oil  
2 Tablespoons (or to taste) tamari  
2 Tablespoons of lemon juice (vinegar will do, too)  
1 Tablespoon sugar  
1 Tablespoon peanut butter, optional  
Pepper to taste

Heat the oil, and brown the beef. Add the garlic scapes, tamari, lemon juice and sugar. Stew covered for about 40 minutes, stirring often (check moisture and when needed add some water). Flavor with peanut butter and pepper if desired. Serve with rice (Serves at least 4).

FARM VISITS – Feel free to come and visit the farm. The farm and U-pick 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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