



Newsletter, July 6-9, 2010

Volume 7, Issue 5

Farm News

We finally broke from the 'one day rain' – 'one day dry' routine of the last couple of weeks, reducing the risks of another late blight spread (now in PA and on Long Island). It also gave us the opportunity to plow up an additional 2 acres to get on schedule with our crop rotation plan. Over the past winter we refined our crop rotation and soil fertility plans in order to maintain long-term soil health, and to reduce the weed pressure – and as a result, we are tilling substantially more land than previous years.

We adopted a plan based on the work of Eric and Ann Nordell, in which we have a field in vegetable production for one year, and fallow it the other. In the fallow year, we grow cover crops on the fields – those are crops (mostly grass/legume mixes) that we plow back into the ground to add to the organic matter of the soil, and to add nitrogen (from the leguminous crops) for future vegetable production. When the fields are fallowed, it is much easier to knock down the weeds – instead of special cultivation tools (and hand work), we can 'blind cultivate' with the tractor and a harrow. By stopping the weeds from going to seed, we're reducing the seed bank – and the weed pressure for the next year when we are planting carrots and lettuce. Organic growing methods at work!

The U-Pick garden is open and 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, and a sign with 'Ready to Pick' items posted is underway. This week flowers are blooming including Salvia, Sunflowers, Chinese Forget Me Nots and Calendula. Herbs that are ready are oregano, thyme, leaf fennel, basil, parsley, sage and marjoram. Please 'cut to come again' by cutting a branch, not the entire plant.

In this week's share you'll find baby Nantes carrots, red oakleaf lettuce, summer squash, and some of the last edible-podded peas. We are rotating broccoli, parsley, our first basil for pesto, and cucumbers. We grow a variety of summer squash for you to choose from. Apart from green and yellow zucchini we have Costata Romanesca – an Italian variety that stays tender when large. There's also the small bright yellow Patty Pan and a unique yellow and green summer squash called Zephyr. The light green oval squash is a Lebanese Cousa variety. We also are growing more of our sweet bitterless Japanese cucumbers this year apart from our standard slicers. Enjoy!

For next week we expect to harvest: heirloom Chioggia beets with tops, scallions, and squash. We'll continue to rotate our first broccoli crop, as well as cucumbers, basil and parsley.

Your farmers,

Raymond Et Sara



Recipe: Summer Squash Orzotto

Melissa DelCano shared this recipe with us she had put together from what she had on hand. We adjusted it slightly for what you'll find in your share or the U-Pick this week. Please share your favorite vegetable recipes with us. Email is best, and we'll hold onto recipes for vegetables we'll be giving out in the future.

8 oz orzo
2 T olive oil
2 garlic bulbs, pressed
2-3 summer squash, quartered lengthwise, & chopped into ½" pieces
2 T flour
1 c chicken broth, white wine, or mixture of both...
3 oz blue cheese, crumbled
1 bunch fresh basil, julienned (optional)

Cook the orzo according to package directions, drain and keep warm.

Meanwhile heat oil over medium-high heat and sauté garlic until fragrant (no more than a minute). Stir in squash bits and cook, stirring occasionally, about 5 minutes, until softened and browning. Stir in flour, then stir in liquid; bring to a boil deglazing the pan.

Add cheese and reduce heat to medium-low. Stir until thickened. Stir in orzo and basil and serve.



The U-Pick garden is open!
Come and pick your flowers and culinary herbs!

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 (*)).

Fox Creek Farm, c/o Sara and Raymond Lührman, 182 Fox Creek Farm Road, Schoharie, NY 12157
Phone: (518) 872-2375. Email: foxcreekfarmcsa@earthlink.net
www.foxcreekfarmcsa.com