



Newsletter, July 13-16, 2010

Volume 7, Issue 6

Farm News

Last week was quite a challenge for our farm crew – for four consecutive days the National Weather Service issued heat advisories, and we measured temperatures in the mid-nineties up at the farm. Even in this weather, our help was

there to weed, plant and harvest. We think this was the warmest week in the history of Fox Creek Farm, and we'd like to say 'thank you' to our help for sticking it out with us!

With this hot weather we are definitely moving into the summer crops –squash could almost be harvested twice a day, bell- and hot peppers are getting ready, and green beans are coming in. We are now on our summer irrigation schedule, too, and the pond has been keeping up quite well with our extensive irrigation demands. Foreseeing these circumstances we tripled the size of the original pond at the end of our first season in 2007.

We are getting ready for our 8th annual Garlic Harvest Festival. The garlic is growing nicely and we will be harvesting by the end of this month. We are inviting you to the farm to come and work with other CSA members to get over 10,000 heads of garlic in the drying shed by the end of the weekend – to share a potluck lunch, and we barter garlic for your help, too. We'll be watching the development of the garlic closely over the next week and will announce the date of our harvesting weekend in the upcoming newsletter.

In this week's share you'll find more baby Nantes carrots, Italian heirloom beets with tops, summer squash, cucumber, arugula and scallions. We are rotating broccoli, parsley and basil for pesto, as well as our first green beans, bell and hot peppers. Chioggia beets have a beautiful bullseye pattern sliced if you steam them until just tender. Don't forget our arugula pesto recipe in the previous newsletter (Vol. 7, Issue 2) (all our 2010 newsletters with recipes can be found on our website). Please submit your favorite vegetable recipes for other members to enjoy.

We set up our 'Ready to Pick' sign in the U-Pick garden, and this week you can harvest blooming flowers including lots of Sunflowers, Calendula and Chinese Forget Me Nots, as well as the more unusual Painted tongue, Salvia, Ageratum and pastel Statice. Herbs that are ready are cilantro, dill, oregano, thyme, leaf fennel, basil, parsley, sage and marjoram. Please 'cut to come again' by cutting a branch, not the entire plant, of both flowers and herbs. We suggest bringing a cup for water for your flowers, they'll last longer (you can get the water at the small sink in the barn, and some members report great success with cups that fits in their car's cup holder).

For next week we expect to harvest: green beans, lettuce, cucumber, squash and red beets with tops. We'll rotate bell and hot peppers, and basil and parsley.

Your farmers,

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



Fox Creek Farm's 8th Annual
Garlic Harvest Festival

*End of July -- Dates and details
will be announced in the next
newsletter*

Recipe: Cucumber Salad

Nancy Nichelson shared this unusually spicy cucumber salad recipe with us, which serves 6.

2 cucumbers, peeled
3 cloves garlic, diced
1 1/2T white vinegar
1T rice vinegar

Chili garlic sauce to taste
1T sesame oil
1/4t sugar

Julienne cucumber and then add some salt and let sit for 30 minutes to remove water. Mix all ingredients together with cucumber. Refrigerating overnight is best.

Jenny's Impossible Quiche Pie

This recipe comes out of the kitchen of Jenny Mosher. It's another 'any vegetable' recipe, and one of our favorites (and by now, a Fox Creek Farm CSA newsletter recipe classic) – try it with this week's beet greens, green beans or summer squash!

3 eggs
1 1/2 cups milk
3/4 cup flour (white or wheat or both)
1/2 tsp baking powder
2 T oil
1 tsp salt and some pepper
Pinch nutmeg
1/2 cup chopped onions
2 cloves of garlic, minced or pressed (or minced garlic scapes, of course!)
8 oz or more fresh vegetables, chopped and steamed just until tender crisp
1 cup cheese, grated



This recipe has some flexibility. Sauté onions and garlic, or steam them along with vegetables. Make the egg and flour mixture by blending (or mixing well by hand) all remaining ingredients except the cheese and vegetables. Grease a 10" pie pan or two 8" pie pans and layer first the cooked vegetables, then the cheese, and then the egg mixture. Cook 30-35 minutes at 400 degrees F, or until a knife inserted comes out clean (serves 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 1/4 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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