



# Newsletter, July 20-23, 2010

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## Farm News

As announced in last week's newsletter, we have been looking at the 2010 garlic crop and it's ready to come out of the ground. The 8<sup>th</sup> Annual Garlic Harvest Festival is set for this weekend, July 24-25. We invite you to come

join us in the harvest – this is a great working party, with a potluck lunch, and we barter garlic for your help! We'll start on Saturday at 8:30 AM and go to about 4:00 PM (with lunch around 12:30) – on Sunday, we continue the harvest at 9:00 AM, lunch again around 12:30 and continue until done. The weather forecast right now looks quite nice, and as many know, this is a fun, "hands-on" event! Come help with harvesting and bunching so we can start drying the garlic in the shed. Bring a dish to share and your beverage of choice for our pot-luck lunch.

On the farm, the crops are coming along very well. The summery temperatures help to speed things along, and compared to last year (with the '2-days of summer'), we are quite ahead with some of our crops. Welcome to the adventure of eating local and in season!

In this week's share you'll find Detroit Dark Red beets with tops, crispy Batavian lettuce, fresh garlic, squash and cucumbers. We are rotating parsley and basil for pesto, green beans, bell and hot peppers, as well as our first eggplant and tomatoes (the earliest ever)! Fresh garlic is uncured and should not be stored long. The cloves have a skin that should be removed just like regular garlic. It's never too late to send us your favorite vegetable recipes.

Come enjoy the U-Pick! It's free to all members. Herbs that are ready are cilantro, dill, oregano, thyme, leaf fennel, basil, parsley, sage and marjoram. Leaf Fennel is good added to potato salad or finely chopped into a salad with a vinegar and oil dressing, says Emily Davis, one of our 7<sup>th</sup> season CSA members. Don't forget the sunflowers!

For next week we expect to harvest: green beans, lettuce or mesclun, cucumber, squash and scallions. We'll rotate bell and hot peppers, basil and parsley, tomatoes, eggplant and Swiss chard.

Your farmers,

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



## Fox Creek Farm's 8<sup>th</sup> Annual Garlic Harvest Festival SATURDAY, JULY 24, and SUNDAY, JULY 25

Come to the farm and help harvesting our 2010 garlic crop! Harvest starts on Saturday at 8:30 AM, and we will go to 4:00 PM. On Sunday, we start at 9:00 and go until done. Potluck lunch both days at 12:30 PM – Bring a dish to share! Stop in any time – stay for the day, the morning, the afternoon or just a couple of hours. This is a great work party – fun for all ages! We are looking forward seeing you.  
And we barter garlic for your help!

*BYOB, please! We'll have coffee and water available,  
as well as a mid-morning snack. Your own dishes and utensils are also appreciated.*

## RECIPE: Ginger/orange-marinated beet salad

Thanks to one of our long-term employees, Karin Savio for this delicious summer beet recipe, pleasing to both the taste-buds and the eyes.

1 bunch beets	sea salt
1-2 tsp fresh ginger	black pepper
2 cloves garlic	lettuce leaves
1 orange	fennel leaves for garnish (optional)
½ cup olive oil	small chunk of parmesan cheese
¼ cup white balsamic or sherry vinegar	

Preheat oven to 375°. Wash beets and trim leaves, leaving about ½ inch of stem. Place in roasting pan with ¼ inch of water in the bottom. Cover with foil and bake until tender when pierced with a fork (30-60 min.). Remove from oven. When cool enough to handle, rub skins and stems off. They will slip off easily by rubbing with your fingers (which will then be bright red for a little while!)

While the beets bake, mince the garlic and the ginger. With a zester or vegetable peeler, peel off a little of the orange rind and mince finely (about a teaspoon). Squeeze the juice from the orange to get ½ cup. Mix the garlic, ginger, orange zest, oj, vinegar and olive oil together in a small jar with a tight-fitting lid. Add a little salt and pepper to taste. Shake vigorously to emulsify the dressing.

Slice the beets into rounds. Pour the marinade over the beets and let sit for an hour or so. Wash and dry lettuce leaves and spread on a platter or low, wide bowl. Arrange beet slices in a spiral over the lettuce leaves (removing them from marinade while leaving the marinade behind). Drizzle some of the marinade over the beets and lettuce. (Save the rest for another salad.) Garnish with a little salt, pepper, chopped fennel leaves and shavings of parmesan cheese.



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 Rt. 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 (sorry, the road sign mysteriously disappeared over the weekend – it's opposite of the black Fox Creek Farm mailbox) 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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