



Newsletter, July 27-30, 2010

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Farm News

All the garlic is in the shed and drying! We'd like to thank everyone who gave us a hand to move the crop from the field to the barn, even in less than ideal conditions. On Saturday we got over an inch of rain while we were still out harvesting but Sunday proved to be perfect weather for farm work. We hope you enjoy the pictures.

Over the last week we got hit by the first large hail storm in our farming history. The two minute, ½ inch hail affected some vegetables more than others – you may notice some cosmetic blemishes – but we think the dry weather following the storm may have prevented outbreaks of all kinds of damage related diseases.

In this week's share you'll find lettuce or mesclun, scallions, fresh garlic, squash and cucumbers. We are rotating red slicer and heirloom tomatoes, Swiss chard, parsley and basil for pesto, green beans, bell and hot peppers, eggplant, broccoli, and our first corn! Fresh garlic is uncured and should not be stored long. The cloves have a skin that should be removed just like regular garlic.

The tomatoes are ripe and ready to eat whether red, orange, purple, green, yellow or pink! Excuse the blemishes for the great taste of the heirlooms. Our unsprayed corn often contains corn borers whose minimal damage can be broken off. We recommend cooking all our vegetables for less time than traditional recipes call for because they are fresher. Please continue to send your vegetable recipes our way!

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. There are also a few red and yellow cherry tomatoes coming in and we'll let you know when they're plentiful. There are lots of sunflowers including Moulin Rouge, Starburst Lemon Aura, Valentine and Chocolate, as well as our first zinnias, rudebeckia and snapdragon, more painted tongue, salvia, pastel statice, etc., etc.

For next week we expect to harvest: French heirloom carrots, tomatoes, squash and cucumbers. We'll rotate broccoli, beans, bell and hot peppers, basil and parsley, eggplant and corn.

Your farmers,

Raymond Et Sara



RECIPE: Swiss Chard or Beet Greens with Penne and Garlic

Emily Davis sent us this simple yet satisfying recipe you should hold onto and use when your site is rotated the chard. It serves 6-8 as a side or 4 as a main dish.

- 1 lb bunch chard or beet greens
- 6 tablespoons olive oil
- 2 cloves garlic
- 1 lb penne
- Salt and pepper
- 1/2 cup Parmesan Cheese

Heat water for pasta. Chop greens into 1" strips. Keep chopped stems separate. Heat 2 tbs oil in a wide pan. Put stems in first and stir for 2 min. Add greens and continue until all greens are wilted. While greens are cooking, cook pasta. Drain pasta and toss with greens and cheese. Season with salt and pepper.



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 Luhrman, 182 Fox Creek Farm Road, Schoharie, NY 12157
Phone: (518) 872-2375. Email: foxcreekfarmcsa@earthlink.net
www.foxcreekfarmcsa.com