



# Newsletter, August 3-6, 2010

Volume 7, Issue 9

## Farm News

This past week we continued working on our long-term soil health plans. Over the past two months we have been making efforts to control the weeds in an additional 6 plowed acres in order to increase our land base for vegetable production. With the extra acreage we hope to be able to

eave our fields fallow for one year, and produce crops for the CSA in the alternate year. This gives us time to grow cover crops to maintain long-term soil health and fertility, while working on depleting the weeds. Last week we planted our fallowed fields with buckwheat, peas, rye and clovers – getting those new fields ready for the 2011 growing season!

The garlic crop is drying nicely in the shed – warm, breezy weather has been helping us greatly to reduce the moisture on the excessively wet plants we bunched up last weekend. By the end of this month we will be hosting another work party and potluck in and around the barn to get the garlic clipped, topped, graded and cleaned. There will be more information on this event in upcoming newsletters.

In this week's share you'll find French heirloom chantenay carrots, new potatoes, squash, cucumber, and heirloom or red slicing tomatoes. We are rotating broccoli, Swiss chard, basil for pesto, green beans, bell and hot peppers, eggplant and cauliflower. Heirloom tomatoes are harvested ripe and will only keep a couple days when soft to the touch. Please don't touch, however, any heirloom tomato you're not taking home (though we know it's tempting!). Heirloom's thin skinned fruit bruises easily, that is why we take the time to harvest individual tomatoes into a single layer bread tray.

Come enjoy the U-Pick! It's free to all members. Herbs that are ready are dill, oregano, thyme, leaf fennel, basil, parsley and sage. There are also some more red and yellow cherry tomatoes coming in, as well as some hot pepper. 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, cosmos, salvia, pastel and white statice, etc., etc.

For next week we expect to harvest: new potatoes, lettuce, tomatoes, squash, beans, garlic and cucumbers. We'll rotate broccoli, bell and hot peppers, basil, eggplant, cauliflower and our first hoophouse sweet peppers.

Your farmers,

*Raymond Et Sara*



Top: Shawn and Chris, some of our farm helpers, working on the brocolli harvest.  
Above: A picture from last week's garlic harvest (after it stopped raining).

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## RECIPES:

### Carrot Gratin with Béchamel Sauce

Marjorie Geiger sent us this yummy-sounding recipe from the New York Times, adjusted slightly to accommodate this week's share. As with all our recipes, I'm sure our members can improvise ingredients and shorten some steps when needed.

2 tablespoons extra virgin olive oil  
2 tablespoons finely chopped shallot or onion (optional)  
2 tablespoons flour  
2 cups low-fat (1 percent) milk  
Salt and freshly ground white or black pepper to taste  
1 ½ - 2 pounds thick carrots, sliced on the diagonal into 1/2-inch thick slices  
2 teaspoons fresh thyme leaves, coarsely chopped  
2 tablespoons finely chopped chives (optional)  
2 ounces Gruyère cheese, grated (1/2 cup, optional)

1. Make the sauce. Heat the oil over medium heat in a heavy medium saucepan. Add the shallot or onion, and cook, stirring, until softened, about three minutes. Stir in flour, and cook, stirring, for about three minutes until smooth and bubbling but not browned. The paste should have the texture of wet sand. Whisk in the milk all at once, and bring to a simmer, whisking all the while, until the mixture begins to thicken. Turn the heat to very low, and simmer, stirring often with a whisk and scraping the bottom and edges of the pan with a rubber spatula, for 10 minutes until the sauce has thickened and lost its raw flour taste. Season with salt and pepper. Strain while hot into a heatproof bowl or a Pyrex measuring cup.
2. Preheat the oven to 400 degrees. Oil a 2-quart gratin dish. Fill a medium saucepan with water, and bring to a boil. Add salt to taste and then the carrots. Reduce the heat to medium, and simmer the carrots for five minutes or until just tender. Whisk 1/2 cup of the cooking water into the béchamel, and drain the carrots. Set on a clean kitchen towel to dry for a minute, then transfer to a large bowl. Stir in the thyme, chives, salt and pepper to taste, the béchamel and Gruyère. Scrape into the baking dish.
3. Place in the oven, and bake 20 to 30 minutes until the top is lightly browned and the gratin is bubbling. Remove from the heat, allow to sit for 5 to 10 minutes and serve. Yield: Serves six.

### FOX CREEK FETTUCCHINE

Ellen Messina shared this recipe with us, and we gladly share it with you in this newsletter.

1 large or 2 small carrots, thinly sliced  
1 yellow summer squash, 1/2" rounds cut in half  
1 zucchini, 1/2" rounds cut in half  
1TBsp garlic, minced  
1/2 onion, minced  
Bunch of greens (e.g., Swiss chard), sliced  
1/2 cup grape tomatoes, cut in half  
1TBsp fresh parsley, chopped fine  
1/4 cup fresh tarragon, chopped coarsely

Sauté first 5 vegetables in 3-4 TBsp olive oil until tender. Add greens and tomatoes and cook until greens wilt. Add parsley and tarragon. Add 3 tsp of lemon juice and 3 TBsp of butter. While vegetables cook, cook 8 oz fresh fettuccine as directed. Drain pasta (Reserve some pasta water to add to vegetables if too dry) and combine with vegetables. Salt and pepper to taste. Serve warm with grated cheese if desired. Serves 6. Note: Substitute other vegetables if desired.

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 (\*)).