



Newsletter, August 10-13, 2010

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Farm News

Supporting local agriculture also creates local jobs. At this time, we employ 6 part-time workers, who together add up to just over two full-time positions – which makes the farm one of the bigger employers in our town. All our workers live within a 15 mile range from the farm (but

most of them live in the Town of Wright). Moving through the month of August, the work force at the farm is most diversified – with the schools and colleges in recess, we now employ a high school student, a science teacher, and a college student, aside from our ‘full season’ crew of four. Without their help, it would be impossible for us to keep up with the farm – and to get you your weekly share of some of the nicest vegetables around.

The garlic is drying nicely, and we have chosen the day for our ‘Post Harvest Garlic Party’. On Saturday, August 21 we’ll be clipping, grading and cleaning the dried German Red, Purple Glazer and Spanish Roja garlic, and will again host a potluck lunch in the barn. This is a hands-on, in and around the barn work party, and with the U-Pick at its peak, it’s another great opportunity to come and visit your farm.

In this week’s share you’ll find tomatoes, garlic, squash, cucumbers, lettuce and more early potatoes. We are rotating broccoli, basil for pesto, green beans, bell, sweet and hot peppers, eggplant and cauliflower. Enjoy your midsummer veggies!

Come enjoy the U-Pick! The garden is part of your CSA share and at this time, the cherry tomatoes are abundant and worth the trip. Come pick red, gold and “black” cherries, currant, grape, pear and heart-shaped “Tomatoberries”. Herbs that are ready are dill, oregano, thyme, leaf fennel, basil, parsley and sage. New flowers include Soraya orange sunflowers, Matsumoto asters and feathery celosia.

For next week we expect to harvest: potatoes, mesclun mix, tomatoes, squash and cucumbers. We’ll rotate basil, beans, eggplant, cauliflower and all the peppers.

Your farmers,

Post Harvest Garlic Party
Saturday, August 21, 2010

Come and help with the post-harvest clipping, grading and cleaning of our 2010 garlic crop. 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!



RECIPE:

Zucchini and tomatoes with peppers and onion

We have been experimenting with some Mexican inspired dishes, creating variations on recipes from Rick Bayless' *Authentic Mexican* cookbook (William Morrow, 2007). Most recently, we came up with the following:

4 small zucchini (or equivalent), ends trimmed and cut in small cubes
1 T unsalted butter
1 T vegetable oil
1 medium onion, thinly sliced
1 bell pepper, seeded and thinly sliced
Hot pepper to taste, seeded and minced (optional)
2 cloves of garlic, minced
2 tomatoes, cored and diced
Salt and pepper to taste

Heat butter and oil over medium heat in a skillet large enough to hold all ingredients. Add the onion and peppers, stirring regularly until the onion is lightly browned, about 7 minutes. Add the diced tomato, garlic, and zucchini. Cook until sauce thickens, about 30 minutes (you want to evaporate quite a bit of the tomato juice). Adjust flavoring with salt and pepper when necessary. Serve with tortillas or rice, your favorite grated cheese, and a salad. 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 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 (*)). (For GPS: coordinates are 42.680309,-74.225364).

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