



Newsletter, August 17-20, 2010

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Farm News

At this time of the year the farm is keeping us on our toes. We are cultivating our current crops, getting fields ready for our fall plantings, harvesting for the weekly CSA shares, and preparing new ground for next year.

With all this going on (in addition to unexpected surprises like equipment failures, etc.), our winter farm planning really pays off. The extensive planting and harvest schedules we develop while the snow keeps us out of the fields keeps us and the CSA on track, providing for the abundant harvests we bring to your table each week.

On Saturday we will be ready for our "Post Harvest Garlic Festival". We'll start at 8:30 and go to 5:00 PM. We are providing a mid-morning snack, coffee and juice – and invite you to bring a dish to share for our potluck lunch. 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. 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 to seeing you.

This week we'll also be hosting an international delegation on the farm through the State Department's "International Visitor Leadership Program". The focus of this group is on agricultural trade, food security and sustainable agriculture – and we will try to talk about Community Supported Agriculture, organic, food miles and local food (as for the concept of taste, as well for its economic and social impacts), our renewable energy set-up, and the local "Farm to School" initiative we have been involved with. Your farm is one of the two farms this group is visiting in New York State – and likely the only CSA during their two week tour.

In this week's share you'll find garlic, mesclun, squash, cucumbers, fresh onions and lots and lots of tomatoes. We are rotating fresh dill, corn, broccoli side shoots, basil, green beans, bell, sweet and hot peppers, and eggplant.

POST HARVEST GARLIC FESTIVAL at FOX CREEK FARM

Saturday, August 21, from 8:30 to 5:00

We invite you to our Post-Harvest Garlic Festival. The garlic will be cured and ready to be clipped off the stalk and cleaned. This is mostly a sit down job inside the barn, with much socializing and, of course, a potluck lunch. We'll begin at 8:30 a.m. and go until 5:00 p.m., lunching at 1:00. We'll provide a brunch snack with coffee and juice. *We barter garlic for your help.*

You can come anytime, bring a dish to share and your own beverage. No RSVP needed. Why not harvest from the U-Pick or take a walk and enjoy the views while you're here.

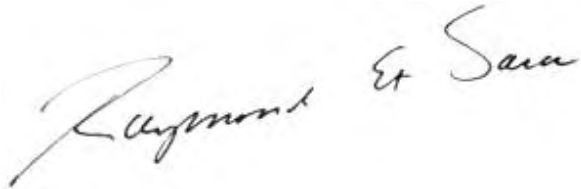
- We encourage you to bring your own plates, cups and utensils -



Come enjoy the U-Pick! The cherry tomatoes are abundant and worth the trip. Come pick red, gold and "black" cherries, currant, grape, pear and heart-shaped "Tomatoberrries". Herbs that are ready are oregano, thyme, leaf fennel, basil, parsley, sage and rosemary. We now also have cutting celery – great for soup (simply break off outer stalks when harvesting). There are still plenty of flowers including sunflowers and bright zinnias.

For next week we expect to harvest: lettuce, potatoes, garlic, onions, tomatoes, squash and some of the last cucumbers. We'll rotate corn, dill, basil, beans, eggplant, broccoli side-shoots and all the peppers.

Your farmers,



RECIPE:

Kim Gravel sends us the two recipes below, which we'd like to share with you here:

Creamy Cucumber Salad

I have modified a recipe from foodnetwork.com to make a really yummy cucumber salad that tastes a lot like tzatziki.

2 cucumbers
1/2 red onion
3/4 tablespoon kosher salt
1 cups of plain yogurt
1 tablespoon white wine vinegar
4 oz sour cream
1/4 cup dill

Thinly slice cucumbers and red onion. Place them in a colander. Salt them with 3/4 tablespoons of salt. Place colander over a bowl to catch liquid and refrigerate 4 hours or overnight. Discard liquid. Line a strainer with paper towel or a clean cloth and pour in the yogurt. Place it over a bowl to catch liquid and refrigerate 4 hours or overnight. Discard liquid. Press cucumbers and onions in paper towel or clean cloth to dry, and then place in a bowl. Add drained yogurt, sour cream, dill, and vinegar. Toss. Add salt and pepper to taste.

OVEN BAKED EGGPLANT

Here's a recipe for eggplant that cuts out the messy steps of salting and frying. It makes slices that are perfect for sandwiches.

eggplant
mayonnaise
breadcrumbs
Italian seasonings (dried)
salt and pepper

Preheat the oven to 350 degrees. Peel and cut the eggplant into slices a little less than half an inch thick. Place the breadcrumbs on a plate and season them according to your taste. Spread a layer of mayonnaise on both sides of an eggplant slice and coat with the seasoned breadcrumbs. Repeat with each slice.

Place the slices on a baking sheet and bake, turning once, until golden on both sides and tender. (About 15-20 minutes).

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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