



Newsletter, August 24-27, 2010

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Farm News

Last Saturday we moved an impressive amount of garlic from the drying shed into bushel baskets – all nicely clipped, graded, and cleaned. We cannot say 'thank you' enough to all of you who made it out to the farm – and brought all the delicious food to share, too. Work parties like this make it

possible for us to grow labor intensive crops like garlic without getting behind on other tasks. Your help lets us keep on track with the CSA harvests, plantings and crop maintenance.

Some folks at the party asked us what we're doing with the 12,000 heads of garlic we pulled last month – well, about ¼ goes right back into the ground around the beginning of October to become our 2011 garlic crop. One-third will end up in the CSA shares and in our garlic help barter, and the remainder is on the market to support the farm budget, with the Honest Weight Food Co-op as our biggest and longest standing purchaser.

As you may have read in the Schenectady Gazette, last Wednesday we had a visit from an international agricultural trade delegation organized by the State Department. The international group toured the farm, and we talked with them about the CSA as a farm model, growing organically, the importance of support for local agriculture and its environmental, social and economic impacts. We also addressed the financial hardship for our local 'Farm to School' program, and our long-term supporter, friend and neighbor Karl Westphal talked with the delegation about the implications for small farms of the so-called 'Green Revolution'. Aside from all this, we arranged for a tomato tasting in the barn – to bring home the message of outstanding taste in freshly harvested local produce. Pictures are on the other page of this newsletter.

In this week's share you'll find garlic, lettuce, squash, fresh onions and lots of tomatoes. We are rotating fresh dill, corn, broccoli side shoots, green beans, bell, sweet and hot peppers, and the last eggplant and cucumbers. *Some* of the heirloom tomatoes producing well this week are Brandywine (pink), Striped German (yellow with red bulls-eye), Persimmon (light orange), Black Prince (small brick-purple), and Green Zebra (small yellow with green stripes). Discover your favorites!

The U-Pick is still overflowing with cherry tomatoes. A new planting of cilantro and dill are also ready this week, along with the other herbs, hot peppers, and cutting celery – great for soup (simply break off outer stalks when harvesting). There are still plenty of flowers including sunflowers, celosia, aster, rudbeckia and bright zinnias.

For next week we expect to harvest: lettuce, mesclun, potatoes, garlic, onions, cilantro, tomatoes and squash. We'll rotate corn, dill, beans, and all the peppers.

Your farmers,

Raymond Et Sara



Tomato Pie

Jennie Mosher shared this recipe for a tomato pie with us, and we'd like to share it with you. The recipe below is for 1 pie (serves 2). Preheat oven to 425.

For the crust:

2 c flour (can use half whole-wheat pastry, half all-purpose unbleached white)
2 tsp baking powder
pinch salt
1/4 c butter
3/4 c milk or water

For the filling:

2 or 3 large, ripe tomatoes, sliced
1/2 onion (or more), sliced thin
1/2 - 1 c grated mozzarella, cheddar or other cheese
Fresh basil leaves (optional)
Salt and pepper to taste

Mix dry ingredients. Cut in butter with pastry blender, until lumps are smaller than a pea. Make a well in the center, pour in liquid, mix gently with a fork or spoon until dough just forms a ball. Roll out on floured surface, place in pie pan. Sprinkle a little grated cheese on the crust. Place 1 layer of sliced tomatoes and 1 layer of onions in crust. Sprinkle with salt and pepper. Add a few leaves of fresh basil, if desired. Sprinkle on some grated cheese. Add another layer of tomatoes and onions, sprinkle with salt, pepper, basil leaves and top with a thicker layer of grated cheese. Bake about 15 min. until crust is firm and top is nicely golden.

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 1/4 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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