



Newsletter, October 26-29, 2010

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Farm News

This week we finished planting almost 250 pounds of garlic. It brings the total bed feet planted for this season to just over 33,000 (or about 6 miles!), spread over 200 plantings. And now, at the end of the distribution, we can say that the growing

season has been quite outstanding – and we hope you've enjoyed the resulting bountiful harvests.

Last Wednesday we hosted a renewable energy field day at the farm, with almost 50 people showing, including our county Assemblyman. We taught them about the possibilities to run an operation this size off the grid – and about some of the inventive equipment we use to keep our energy consumption lower. The tour was well received, and the Schenectady Gazette did an article about the event (10/21/10: *"Farm a model for green energy"*).

We appreciate your feedback about the CSA. With this newsletter you'll find a copy of our annual "End of Season Questionnaire" – another opportunity to let us know what you like and don't like in our vegetable selection and program. We take it very seriously and hope first year *and* returning members will take a few minutes to complete it. With your input and our harvest notes we will be working on updating our farm plan and seed orders.

As we said above, we have greatly enjoyed this excellent growing season. Without the help at the farm from our workers and baby-sitters, we would not have been able to grow and care for the outstanding crops that made up the weekly CSA harvests. Without the help of workshares, our distribution sites would not run smoothly. And while we hope that our help understands our ongoing appreciation, we'd like to take this opportunity to say 'Thank you'. But foremost, we'd like to say 'Thank you' to you. Your commitment to this CSA makes it possible for us to do what we like best: growing outstanding produce for our membership, while continuing to build on the special place that Fox Creek Farm has become for many.

In this last share of the season you'll find Brussels sprouts, Danvers carrots, heirloom Detroit Dark Red beets with tops, onions, garlic, potatoes and winter squash. Enjoy!

Your farmers,

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Recipe: Roasted winter squash, pear and potatoes with bucherondin cheese

This unique recipe is thanks to one of our employees, Karin Savio (from Restaurant LuLu on eatingfresh.com)

1 small squash, skin & seeds removed, and cut into wedges	1 pound potatoes cut into wedges
2 medium onions cut into wedges	3 T extra virgin olive oil
Salt and pepper	1 head garlic, cloves peeled
1 pear (Bosc or red Bartlett are nice) cut into wedges	4 sprigs fresh thyme
2 T balsamic vinegar	½ cup bucherondin or other aged goat cheese
¼ cup chopped toasted hazelnuts or pecans	

Preheat oven to 375°F. In a large mixing bowl, combine squash, potatoes and onions. Toss with 2 T of the olive oil and a little salt and pepper. Spread them out in a large casserole dish and bake for about 30 minutes. Toss the garlic cloves in ½ T of the olive oil with a touch of salt and pepper and add to the roasting veggies. Continue baking for another 10 minutes. Toss the pear and thyme with the remaining olive oil and salt and pepper and scatter over the veggies. Bake for another 15 minutes. Crumble the cheese over the top and drizzle everything with the balsamic vinegar. Return to the oven for just a bit to soften the cheese. Sprinkle with the toasted nuts. Serve hot.

Recipe: Squash soup

The Mixes (friends, members and former mentors) served us this soup on a brunch date. They opted to serve it in a cleaned-out pumpkin "bowl" salted & sugared (1/2 tsp/each) and baked about 45 minutes at 400°F before filling.

3 T unsalted butter	½ onion, chopped
Salt	2 sprigs thyme
1 medium butternut, peeled and cut into 1" cubes	1 tsp sugar
3 T heavy cream (optional)	Freshly ground pepper

Melt the butter in a large saucepan over low heat. Add the onion and 1 tsp salt. Stir the thyme leaves into the pot, increase the heat to medium and cook, stirring occasionally, until the onion is soft (about 5 minutes). Add the squash and sugar and cook, stirring, until glazed, 3 to 4 minutes. Add 5 cups of water and bring to a boil. Reduce the heat to low and simmer, uncovered, until the squash is tender, 15 to 20 minutes. Use an immersion blender or, working in batches, transfer the soup to a blender, crack the lid to let steam escape and puree until smooth. Return to saucepan. Stir in the heavy cream if desired. Season with salt and pepper. Top with croutons, paprika, bacon, ham, pepitas and/or fried onions.

FARM VISITS – Feel free to come and visit the farm, even during the fall and winter. The farm is open to visit anytime. Directions to the farm are in previous newsletters



Pictures above and lower front page by Mike Vasiliauskas (www.mcvphotography.com)