



# Newsletter, June 7-10, 2011

Volume 8, Issue 1

## Farm News

The wet and cold of the early spring finally has given way to some more "normal" weather. We're sorry we had to postpone the first share. We will make up the difference over the season as much as possible. While we are writing this newsletter we're getting our harvest plans together for this week, and it sure feels good to get back on track. We hope you'll enjoy your first harvest!

New farm enterprises – Johanna, our 5 year old daughter, has decided to go into the egg business. She has started 25 Rhode Island Red and Barred Rock pullets, which should start laying around the end of August. She will keep you posted when eggs become available.

To stay with the chicken theme – we're currently raising 95 broilers on pasture – we're moving them daily to fresh ground, and they are growing rapidly. We'll have our first meat chickens available by early July.

This year we again have some pigs on the farm – rooting around in our cover cropped fields. For the first time, however, we are offering a limited supply of pork to the CSA. More information to follow later this season.

Meet the farmer - On Saturday, June 18, we'll open the doors of the barn widely for our "Meet the Farmer" potluck. We welcome local experts, Thom Engel and Emily Davis to share their information about the Karst geology the farm sits on, including a walk to some sink holes and a cave. The karst walk and talk will start at 10:00 AM. Bring a dish to share for the lunch-potluck, and your own settings – after the lunch we will walk the farm and show you around.

In this week's share you'll find mesclun, arugula, lettuce, and garlic scallions. We are starting a rotation of fresh spinach and radish. We rotate vegetables that don't mature at the same time throughout all the sites. Garlic scallions are baby garlic, and can be prepared like scallions by removing imperfect layers and then chopping both stalk and green leaves. Best cooked, chop very fine if using fresh wherever garlic is regularly used.

Please note that cooking times for standard vegetable recipes will be greatly reduced by the freshness of your CSA vegetables. *Remember, all these vegetables have been hydro cooled to remove field heat and maintain freshness, but need washing at home before consumption.*

For next week we expect to harvest: Pac choi, mesclun, lettuce and garlic scallions, as well as a rotation of radish, spinach and possibly our earliest summer squash ever out of our new hoop house.

Your farmers,

Visit your farm, meet your farmers and other members

SATURDAY, JUNE 18

10:00 to 3:00 PM with pot-luck lunch, karst walk and farm tour

Mark your calendar: More information in next week's newsletter



*Top: Tomatoes in the hightunnel. Center: Waterwheel transplanting Above: pastured poultry*

## Recipe:

### Arugula & Strawberry Salad

This great recipe is from EatingWell for a Healthy Heart Cookbook (2008). *Please send us your favorite recipes, preferably by email.* We'll hold onto them and when the vegetables are in season we'll try and fit them in.

- 1/4 cup chopped walnuts
  - 2 cups baby arugula, or torn arugula leaves
  - 1 cup sliced strawberries, (about 10 ounces)
  - 1 ounce Parmesan cheese, shaved and crumbled into small pieces (1/4 cup)
  - 1/8 teaspoon freshly ground pepper
  - dash salt or to taste
  - 1 tablespoon balsamic vinegar
  - 2 tsp. extra-virgin olive oil
1. Toast walnuts in a small dry skillet over medium-low heat, stirring frequently, until lightly browned and aromatic, 3 to 5 minutes. Transfer to a salad bowl; let cool for 5 minutes.
  2. Add arugula, strawberries, Parmesan, pepper and salt. Sprinkle vinegar and oil over the salad; toss gently and serve at once.

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Farm visits – Feel free to come and visit the farm. The farm 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 (\*)).

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