



# Newsletter, July 12 – 15, 2011

Volume 8, Issue 6

## Farm News

From our earliest plantings this season, we've been bothered by too much rain. We put out 5 plantings of spinach for our first harvests, and were able to salvage only a minimal amount.

Spinach prefers less than 1 inch of water a week, and the 4 inches a week for weeks on end obviously did not do it any good – aside from the fact that it's difficult to cultivate fields that have more in common with a rice paddy than a farm field. It was hard to walk in those fields in April and early May, leaving our cultivator tractors in the shed.

And although we are seeing the most beautiful crops in our later planted fields, right now we're still experiencing the impact of the lousy spring: some of the fast growing crops (for example, the lettuce and arugola) from those plantings have already found their way into your kitchen, but we're still picking slower maturing crops like the peas from those same early fields. You're still noticing the effects of those wet days in the current CSA harvests. We believe that great harvests are just around the corner. At times like this we're feeling greatly indebted to all of you who are in the CSA supporting the farm – your farm, as we hope you see it. Thank you!

**GARLIC HARVEST:** Talking about your farm – every year we organize a family friendly, hands-on garlic harvest party – also known as the Garlic Harvest Festival. Fox Creek Farm started out growing garlic, and we've been planting a large crop each season. We'll be checking the crop this week to see how the bulbs are doing, and expect to be harvesting either the weekend of the 23<sup>rd</sup> or the 30<sup>th</sup> of July. The exact date and more information will be in the next newsletter.

**POULTRY:** We still have a limited amount of our outstanding poultry available for sale. While supplies last, we keep offering pick ups *at the farm* on Fridays during CSA pick-up (3 to 6 PM), and on Saturdays between 10:00 AM and 1:00 PM. Dressed birds average about 6 pounds, and are \$3.85 per pound. They go on a first come-first served basis: please contact us first before you drive out to avoid disappointment.

**ABOUT THIS WEEK'S SHARE:** In this week's share you'll find lettuce, summer squash, red beets with tops and fresh garlic. We are rotating broccoli, parsley and the last edible-podded snap peas. Fresh garlic can be used like regular garlic only expect a milder flavor and cook for less time. There is a moist peel on the individual cloves that should be removed.

**U-PICK:** The U-Pick garden is *free with your CSA membership*. This week cilantro, sage, parsley, scallions, leaf fennel, marjoram, summer savory, oregano, rosemary and thyme are ready, as well as many flowers including sunflowers, Painted tongue, Salvia, Snapdragons and Chinese Forget Me Nots. Please help yourself to the box of supplies. All we ask is that you consider regrowth and cut a branch, not the whole plant (i.e. - cut to come again). The U-Pick garden has a sign and is located north of the road as you drive up to the barn.

Expected harvest: Summer Squash, Romaine Lettuce and Nantes carrots, as well as a rotation of broccoli and basil and parsley.

Your farmers,



*Top: Fresh picked garlic. Middle: view of Fox Creek Farm with high tunnels and barn. Bottom: Broccoli is coming in nicely!*

## Recipe: Five Minute Beets

A repeat entry from member Lisa Vines, based on Deborah Madison's Vegetarian Cooking for Everyone. We like it because it's fairly easy yet an elegant way to serve beets. She added two grated carrots to the beets for interesting color, and instead of the water used orange juice. Remember to send your favorite vegetable recipes our way. Email is preferred. Don't worry if we haven't harvested a particular vegetable yet, we'll hold onto your recipe until we do.

4 beets, about one pound; peeled and grated  
1 T butter  
Salt and pepper  
Lemon juice or vinegar to taste  
2 T chopped parsley, tarragon, dill, or other herb

Melt the butter in a heavy skillet. Add the grated beets, toss with salt and pepper to taste. Add ¼ cup water, then cover pan and cook over medium heat until beets are tender—then remove lid and boil off excess water. Season as desired.

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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. Don't forget about the recreational opportunities offered nearby: Vroman's Nose in Middleburgh, the Iroquois Museum in Howes Caves, and the Old Stone Fort in Schoharie, for example.

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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