



Where The Land, Food, and People Come Together!

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Field Walk....

Looking over last year's newsletter for this month, I could easily have substituted exactly what I wrote and not have missed a beat. Last year in mid-May we needed rain, and then we got it for two weeks straight--sound familiar? We've picked up 3 1/2 inches of rain in the last couple of weeks and while it has made the potatoes taller than I've ever seen them before and the cabbage tighten up, the bad news is that we haven't been able to cultivate with the tractor, hoe or handweed, and have fallen behind with cucumber, zucchini, and melon planting. Would we have had time to do these things anyway? Our harvests have been very heavy and take most the morning--we've never had so many greens, turnips and even broccoli ready this early. In fact, we only trialed a small planting of broccoli this spring (we didn't even bother with it last year), because, normally, it turns too hot too fast here in St. Louis for the broccoli to head up nicely. We've had good looking broccoli for two weeks, but after Tuesday's harvest, we won't have any more. Of course, broccoli returns in the fall and we will add more plantings for spring 2011.

One thing you can count on from year to year in St. Louis is the lack of 70 degree days. I can count them on two hands. It is not unusual for it to go from 68 degrees one day to 86 the very next! Hot temperatures will shorten the life span of some greens--spinach, salad mix, and radishes. But the tomatoes, eggplant, and peppers are loving it.

June is an odd ball month as we transition from spring to summer crops. There will be a lot of new things--kohlrabi, radicchio, garlic scapes, baby leeks (all listed on the back page)--but lots of the usual suspects in just a couple more weeks--carrots, beets, cabbage, zucchini and summer squash, and green beans. Our greenhouse cucumbers are starting to produce and we will be spreading out their harvest over the next few weeks until the field cucumbers are in full swing. By early July we will be into potatoes, eggplants and all the summer fruits that so many of you crave. Be patient! And enjoy the lightness of being that comes from all the greens this time year. Remember, a quick saute in the pan with butter or olive oil, a dash or two of chicken stock, salt and pepper, is all it takes to turn any swiss chard, kale, spinach, turnip, bok choy into a delicious thing of beauty!

Enjoy the harvest, Amy, Segue, Diego,
Liberty, and Leslie



Tomato Festival at the farm

**Saturday, July 31st 5:30 PM
followed by a contra-dance
at the Farley Music Hall in Elsah!**



Please bring a dish celebrating the farm's produce, chairs, and tableware. We will provide the drinks.

Then join us afterwards for a great contra-dance (live music and steps will be taught--no experience necessary!) at the Farley Music Hall in Elsah.
\$ 5 donation for the band is appreciated.

This is our only event until the end-of-the-season harvest dinner so please mark your calendars now and
COME!!



Pigs and laying hens are here. We should have eggs for sale at the farm starting in early July. We will have our usual pork sale in November! Come say Hi!



Unusual June Vegetables

Kohlrabi: is the most extraterrestrial vegetable we grow! It hales from the same family as cabbage and broccoli and tastes like broccoli stem. Kohlrabi resembles a root vegetable, either purple or white, while the edible leaves jut from the top of the globe. Store the leaves seperately from the bulb in plastic bags. The globe will last for 1 month refrigerated in a plastic bag. *See below for kohlrabi recipes.*

Radicchio: looks like a small red cabbage, but has a bitter, peppery taste. Radicchio can be chopped and added fresh to a green salad, while cooked radicchio gives a savory flavor to a dish. *See below for radicchio recipes.*

Garlic Scapes: scapes are the curlicue flower stalk we snap off the garlic plants so that the bulb under ground can size up. *Scapes can be chopped up and used in place of garlic!!*

Other vegetables you can expect to see this month: lettuce, salad mix, scallions, cabbage, zucchini, cucumbers, green beans, carrots, beets, herbs, and maybe the first tomatoes!!

Kohlrabi Salad: from The Farm To Table Cookbook

- 2 red or green kohlrabi bulbs
- 1 large carrot
- 1 tsp fennel seeds
- 2 T rice wine vinegar
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground pepper
- 2 T olive oil
- 1 tsp sesame oil

Peel skin from kohlrabi and julienne the kohlrabi and carrot. Toast the fennel seeds in a small dry saute pan until they brown slightly. Then grind into a coarse powder. Combine with vinegar, salt, pepper. Slowly whisk in oils. Pour over vegetables and toss.



Chicken Nuggets (made with beet puree): from Deceptively Delicious

- 1 cup bread crumbs
- 1/2 cup flaxseed meal
- 1 T grated Parmesan
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 cup beet puree
- 1 large egg, lightly beaten
- 1 lb. boneless, skinless chicken breasts or tenders, cut into small chunks
- 1/2 tsp salt
- cooking spray
- 1 T olive oil

For Beet Puree: wrap beets (no need to peel) in aluminum foil and roast at 400F for about 1 hour. Then place in a blender and puree for 2 minutes.

In a bowl combine the breadcrumbs, flaxseed, Parmesan, paprika, garlic and onion powder and mix well with fingers. In a shallow bowl, mix the beet puree and egg with a fork and set the bowl next to the breadcrumb mixture. Sprinkle the chicken chunks with the salt. Dip the chunks into the egg mixture and then toss them in the breadcrumbs until completely coated. Coat a large nonstick skillet with cooking spray. Set over medium-high heat. When the skillet is hot, add the oil. Place the chicken nuggets in the skillet in a single layer, being careful not to crowd the pan and cook until golden on one side, 3-4 minutes. Then turn and cook till crips all over, 4-5 minutes longer. Serve warm.

Radicchio, Goat Cheese, and Pear Salad: from Ivy Manning:

The Farm to Table Cookbook.

- 1 T butter, divided
- 1 T balsamic vinegar
- 1/2 tsp Dijon mustard
- 1/4 tsp minced green onions (white part)
- 3 T olive oil
- 2 oz salad greens (salad mix, lettuce, spinach are fine)
- 1 head radicchio
- 3 pears, cored and thinly sliced
- 4 oz goat cheese (chevre) cut into rounds
- 1/4 cup rice flour

To make the salad, whisk the vinegar, mustard, and onions. Add the oil in a slow stream, whisking constantly. In a large bowl, toss the greens, radicchio, and pears with the dressing; divide among four plates. Coat the goat cheese evenly with flour. Heat the butter in a small saute pan over medium high heat. Add the goat cheese and quickly fry until golden brown , about 30 seconds per side Place the goat cheese rounds on top of the salads, and sprinkle with candied walnuts for a nice touch!

Kohlrabi Hash Browns: from Farmer John Cookbook

- 2 kohlrabi (about 1 pound), peeled
- 2 eggs, lightly beaten
- 1 small onion, chopped
- 2 T dried bread crumbs
- 1 tsp salt
- 1/2 tsp dried red pepper flakes
- freshly ground pepper
- 2 T olive oil
- 2 T butter

plain yogurt or sour cream

Grate the kohlrabi and wrap it in a dish towel. Squeeze out excess moisture. Combine eggs, onion, bread crumbs, salt and pepper and add in kohlrabi. Heat the oil and butter in skillet. Add the kohlrabi and press down firmly. Do not stir. Carefully, flip the kohlrabi with the spatula, press down firmly with the spatula again and brown for another 5-7 minutes. Serve with yogurt or sour cream.