



Where The Land, Food, and People Come Together!

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Field Walk....

WELCOME to our fifth season at Three Rivers CommunityFarm. If you are a returning member, then Welcome Back!!and thanks for your continued support. If you are a new member, well, we are glad you found us and we can't wait to introduce you to Elsah, the CSA experience, and our little piece of heaven.

We have been busy at the farm since mid-February when the first cabbage, kale, onions, and swiss chard plants were seeded. We quickly filled parts of the Principia greenhouse and began using ours in early March. When we weren't seeding in the greenhouse, we were tilling the soil, applying a calcium and micronutrient blend mixed with other organic fertilizers, preparing the beds and then we began planting in mid-March. Ever since then, it has been a steady drum beat of seeding, planting, weeding and now harvesting!! Add in building 1000 feet of more deer fencing, installing a nice walkway up to the barn, and planting 200 blackberries, 300 raspberries, and 100 rhubarb plants, and you've just barely scratched the surface of a remarkably busy spring!

Of course, we wouldn't have been able to do a quarter of that workload without many hands--sixteen of them to be exact. We have been fortunate this year to hire two stellar interns: Helen Yane has been with us since April and surprises us daily with her athletic prowess and great sense of humor. Emma Master started at the farm last week and we are busy getting her oriented to the daily madness involved in raising six acres of organic vegetables. In addition, Mondays through Thursday afternoons we become the classroom for five Principia students from April through May: Eric, Erin, Emily, Hayden and Christi. Instead of sitting through another lecture, they participate in some hands-on learning literally; they've helped us seed in the greenhouse, plant, weed, drive tractor and harvest. We've even squeezed in a visit to City Seeds Urban Farm in St. Louis with the interns from Riverbend Roots Farm in Alton. We hope all our interns leave with enough beginning knowledge to work on other organic farms or start their own gardens someday. When you see them, make sure to say THANKS for all their hard work!!

Overall the season is shaping up to be a fine one. The weather has been a little extreme at times: low 90's for two days and then back to the mid-60's; a lot of rain in April, but really not much rain since then. We have had some excellent seedings of beets, carrots, and spinach; the peas look fantastic; and we are busy planting many successions of beans, tomatoes, and potatoes--crops that didn't do so well for us last year. On the other hand, we've had many more disease issues this spring (due I think to the unpredictable wet/cold weather): it has kept us on our toes--looking for infected plants and removing them from the soil before they can infect surrounding plants. So far the damage seems limited, but we are working with the University of Illinois Plant Clinic to get to the root cause (is it weather? soil fertility? contaminated seed?). Every year is a little different as we are faced with new challenges; while it is hard to appreciate them at the time--the challenges and sometimes failures are how we become better farmers. Let's hope the rest of the season is more triumph than challenge!!

Enjoy the harvest, Amy, Segue, Diego, Helen & Emma

Mark Your Calendars

***Live Springs Farm Pork Sale Friday, May 27th at CSA pick up in Elsah from 2-7PM. Just in time for your Memorial Day grilling--pasture-raised pork from our friends Bobbi & Alex in Carrolton, IL. They will be selling at the farm the last Friday of every month for the rest of the season.**

***End-of-the-Year Harvest Dinner Sunday, Nov. 13th, 5PM, at the Farley Music Hall in Elsah. Come celebrate the end of another delicious season with great food, conversation, and our infamous slideshow!!**

Great looking peas, spinach, and bok choy!!



Early Season Vegetables

Kale & Swiss Chard: both these greens are high in vitamins, iron, and calcium, and are incredibly easy to use. Swiss chard can be substituted for spinach in any recipe (we especially like to use it in omelettes!). Kale takes a little longer to cook, but still can be easily sauteed with a little olive oil, garlic, onion, a splash of chicken or vegetable stock and a little soy sauce at the end will add a lot of flavor. Both greens can be washed and stored in plastic bags in your refrigerator.

Lettuce: Lettuces are at their tastiest in the spring. Expect to see many types of romaine, red and green leaf, and speckled.

Salad Mix: Our salad mix is comprised of many different baby lettuces and asian greens, such as tatsoi, arugula, and mustards. We wash and spin dry the salad mix once to keep it cool and fresh; *however, to have it last a week, once home give it a good wash again and spin very dry in your salad spinner.* Then store in a plastic bag in the crisper.

Bok Choy: Bok choy is a type of asian cabbage with upright heads of dark green leaves and large white stems. We harvest both full size heads and baby bok choy. *Both leaves and stems can be cooked and eaten*—it's two vegetables in one!!

Spinach: Another good crop of spinach is expected this spring! Spinach is a versatile vegetable, easily sauteed and added to pastas, eggs, soups, and stir-frys.

Radishes & Turnips: We grow a variety of radishes: french breakfast, easter egg, and cheriette. Add them to any salad or use as an additional condiment to hamburgers, tuna or chicken salad sandwiches. *Our turnips are ready now* and are of the japanese variety (sometimes called a white radish). They are typically the size of golf balls, milky white, and the sweetest turnip you'll ever eat. *Both the greens and turnips can be sauteed in olive oil or butter and seasoned with salt and pepper.*

Strawberries & Peas: The strawberries will be a decent crop this year (however, a lot of rain means less sweet berries).

Quantities are always limited because we can never grow as many strawberries as you all can eat! will be limited All varieties of peas are looking great and we will send out emails when pick your own is at its best.

Other vegetables you can expect to see in June: broccoli, scallions, cabbage, beets, fennel, carrots, cucumbers, zucchini, baby leeks, herbs and much, much more!!

R E C I P E S

Beans 'n Greens Burritos: [Food Matters Cookbook](#)

4 large or 8 small whole wheat flour tortillas
2 T olive oil
1 onion chopped
1 T minced garlic
1 T chili powder
salt and pepper to taste
1 bunch greens (kale, chard, bok choy, spinach)
2 cups cooked beans (black, pinto, lentils, or chickpeas)
1/2 cup crumbled queso fresco or cheddar cheese
your favorite salsa

Heat the oven to 300 degrees. Stack the tortillas and roll them up in a sheet of foil. Put them in the oven to warm while you cook the filling.

Put the oil in a skillet over medium heat. When it's hot, add the onion, garlic and cook until soft, about 5-10 minutes. Sprinkle with the chili powder and salt and pepper. Add the greens and cook until wilted, about 5-10 minutes. Stir in the beans; mash them up a bit with a fork or potato masher and add a spoonful of water or stock if the mixture seems dry.

To roll each burrito, lay a tortilla on a flat surface and put 1/4 of the filling (or 1/8 if you are using smaller tortillas) on the third closest to you. Sprinkle with some cheese. Fold the tortilla over from the bottom to cover the beans and greens, then fold in the two sides to fully enclose them; finish rolling and put the burrito seam side down on a plate. Serve with salsa and sour cream on the side.

These burritos freeze well; just wrap them individually in foil or wax paper and freeze in a tightly sealed container. They can be reheated in the oven or microwave.

Fried Rice w/Kale and Scallions: [My Father's Daughter](#) by Gwyneth Paltrow

1/2 pound kale, stems discarded
1 1/2 T vegetable oil
2 cloves garlic, minced
3 large scallions, cut into diagonal slices
2 1/2 cups cooked brown rice
1 T plus 1 tsp soy sauce

Cut the kale leaves in half lengthwise and then cut crosswise into very thin ribbons. Steam or saute the kale till tender. Meanwhile heat the vegetable oil in a large saucepan over medium heat. Add the garlic and cook for 2 minutes. Raise the heat and add the steamed kale and scallions. Cook for 2 minutes and then add the rice and cook for another 2 minutes, stirring. Add the soy sauce and cook for 30 more seconds.

Bacon-y Bok Choy: from [allrecipes.com](#)

4 slices bacon, chopped
2 pounds of bok choy
1 tsp olive oil
1/2 small onion, chopped
1 tsp red pepper flakes
1 tsp minced garlic
salt and pepper to taste

Fry bacon in a large skillet over medium heat until crispy. Remove bacon and reserve one tablespoon of the grease (or more!) in the skillet. Add the olive oil, onion, red pepper flakes, and garlic. Cook and stir over medium heat until the onions are turning tender. Add the bok choy and place a lid on the pan. Let cook for 3-5 minutes. Remove the lid; cook and stir until bok choy is tender but still crunchy, about 2 minutes. Stir in the bacon, and season with salt and pepper.