



Where The Land, Food, and People Come Together!

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Distribution Week #1

## Field Walk...

Welcome all of you to Three Rivers Community Farm; both our neighbors and farm friends who live on the other side of the river. Welcome to the first week of distribution. Maybe you have been anticipating these vegetables for a year now, or maybe just a few weeks; either way, we hope that you enjoy these fresh greens. They are just the beginning of much, much more to come.

We've titled this newsletter "Field Walk," because we would like to invite you to take a walk with us around the fields. This newsletter will give you just a glimpse of what our days are like, what challenges and triumphs we have faced, whether it has rained too much or not enough, and whether Segue and I are still talking to each other after working seven days a week, 12 hours a day TOGETHER! (We are, but my sister's birthday gift of an IPOD has come in handy!!) The fields look strikingly different then just four short months ago. We have literally progressed from just a FIELD to FARM to FOOD with the support of you, our farm members, friends, family, and a few folks in particular that I would like to extend a warm thank you to; without you the farm may never have existed and it wouldn't be were it is today. So, thank you Gary Fleener and Chrissy McCallister for helping us secure the lease with Principia College; Lynda Kardis and Marty & Steve Swaim for investing in two young, green thumbs; Mike Rechlin and his students for cutting, milling and helping us build the barn (a big thanks also to all of you who came out May 5!); Evy Rimbecks for making room for us in the Principia greenhouse; Nibby Alliotto, our student intern and the most up beat, positive person we know! Gabe Kuykendall for helping us access our city water line; and Biver Farms (Brett & Keith) for babysitting a few of our broccoli transplants.

Vegetable farming is much more than just growing vegetables; it is a synthesis of weather, experience, business skills, and some good ol' luck! And even more important than luck, it is a collaboration between two exhausted farmers and 150 farm members, friends, and family who all want to see this idea--community supported agriculture--and this farm succeed. How many people does it take to start a farm? 152 and the list keeps growing!!

Enjoy the harvest, Amy & Segue

### What's New this Week:

salad mix, red and green romaine, spinach, and

**BOK CHOY:** a good stir fry Chinese vegetable! Dark green leaf, with slightly lighter stems, chop up the entire vegetables and saute, steam, or stir fry.

### What's on the Way:

kale, collards, komatsuna and the first peas may be ready for pick-your-own.

**No PICK-YOUR-OWN** this week!!

(no radishes, turnips, or swiss chard for about three more weeks due to poor seed germination)

### What's For Dinner?? Bok Choy Fried Rice

from "Asparagus to Zucchini"

2 tsp. peanut oil, divided

2 tsp sesame oil, divided

1/4 cup diced carrots

1 cup diced bok choy

1 1/2 cups leftover cooked rice

1/2 cup leftover cooked beef, pork, poultry (optional)

1/2 tsp minced ginger

3 T chopped green onions

1 egg

1 1/2 T soy sauce

Heat a skillet over medium heat. Add 1 tsp each of the peanut and sesame oils; swirl to coat bottom of pan.

Add carrots; stir-fry 2 minutes. Add bok choy; stir-fry 2 minutes. Push vegetables to outer edges of pan.

Add remaining peanut oil, and swirl to coat. Add rice, meat, and ginger; stir-fry 2-3 minutes. Stir in the green onion.

Push the mixture to the outside edges of the pan, add the sesame oil. Crack egg into the hot oil and scramble it.

Cook until egg is set, then toss it with rest of the mixture in the pan. Add soy sauce. Continue to stir-fry another

moment or two, then serve. Makes 2 servings.

Thanks again to all who helped with our Barn Raising!! Some hammers, bolts, strong arms, a generator, and six hours later we had a BARN!!



### Weather Update / What's on Our To Do List:

The week of May 6th was a warm one--mid to upper 80's with only a spotter shower Thursday night and Friday morning. We did not get the 3 inches of rain that much of Missouri and even Alton got. But we are doing fine moisture wise, and with cooler temps forecasted for this week, the peas, spinach, and broccoli will be in heaven!

### Farm To Do List:

plant okra, lettuce, flowers, basil, and sweet potatoes; finishing staking the peas and tomatoes; weed EVERYTHING!!; build a cooler; harvest some veggies for our members; plow ground for winter squash and pumpkin planting, seed more lettuce in the greenhouse; cut off strawberry buds for more strawberries next season; build a sand box; buy pigs and set up fence/shade structure; mow around farm.

Okay! Time to get to Work!

### Volunteer Opportunities & Farm Events

We love volunteers and our harvest mornings are a great time to experience what vegetable farming is all about. Please wear appropriate clothing, bring water, and gloves if you use them. Kids are absolutely welcome!! We harvest:

|                   |                       |
|-------------------|-----------------------|
| Tuesday: 8-Noon   | Know how your food is |
| Wednesday: 8-Noon | being grown and the   |
| Friday: 8-Noon    | farmers growing it!   |

### Upcoming Potluck: June 9th, Saturday, 5 PM:

Come celebrate salads by bringing your favorite. We will give a brief tour of the farm, then enjoy each other's company and some delicious food! We will have a bonfire a little later, so feel free to bring your guitar!! Please bring enough to feed five people, chairs, utensils. Desserts are most definitely welcome! We'll provide drinks. See you there!