



Where The Land, Food, and People Come Together!

PO Box 185 Alton, IL 62002 22867 Chautauqua Rd. Elsah, IL 62028

www.threeriverscommunityfarm.com (618)374-9470

info@threeriverscommunityfarm.com

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Field Walk....

WELCOME to our third season at Three Rivers Community Farm. 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.

As the pictures on the right indicate we have had a busy spring preparing the farm for your return. Our biggest project (and greatest headache) has been the installation of our new deer fence. It's working great so far, but we will need to modify it over the season as we sort of forgot how windy it can be up on the bluffs. If anyone has any suggestions, let us know...

On May 6th our pigs arrived. They are a little younger and a little smaller than last year, but energetic and becoming more friendly everyday (feeding them rotten strawberries doesn't hurt!). The pigs are located outside the deer fence in the back corner-- a short hike but well worth the effort. They are adorable at this age (they hit unpredictable adolescents by early July). The pigs will be with us for the next seven months eating all the great vegetables that you will--tomatoes and beets are their favorites--as well as fresh pasture and some grain for protein.

The third picture illustrates our greatest anticipation so far--a bumper crop of peas. We've never seen such perfect germination. We planted the usual suspects--shelling, snow and sugar snap peas and they are flowering this week. We should start U-Pick by late, late May to early June. I'll never forget our intern Beth's reaction when she came back from the weekend and saw the peas trellised, the grass mowed and the signs put out. Finally, it was starting to look like we knew what were doing!!

Lastly, our spring has been very busy preparing for a summer of a lot less weeding. We planted all of our tomatoes, peppers, eggplants, zukes, and cukes in plastic and have been busy mulching the pathways with straw. We are hoping that a little more effort now will pay off with a beautiful, productive summer.

Things are shaping up well on the farm. We can't wait to show it to you this week and for you to taste the first fruits of what has been a great spring so far!

Enjoy the harvest, Amy, Segue, & Beth

Farm Highlights



Early Season Vegetables

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: No bumper crop of spinach expected this spring, unfortunately. It just didn't germinate well in all this rain. Everyone will get a taste, though. Spinach is a versatile vegetable, easily sauteed and added to pastas, eggs, soups, and stir-frys.

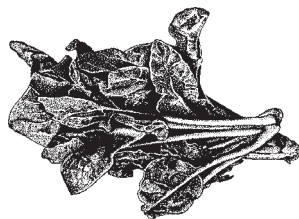
Radishes & Turnips: We grow a variety of radishes: french breakfast, easter egg, and amethyst. Add them to any salad or use as an additional condiment to hamburgers, tuna or chicken salad sandwiches. *Our turnips should be ready by late May* and are of the japanese variety. They are typically the size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

Strawberries & Peas: The strawberries are just starting to turn and the harvest should hopefully extend over the next 3-4 weeks. With the warm, dry weather predicted over the next few weeks they should ripen beautifully!! *We are expecting a bumper crop of peas this year. They should be ready by late May and the heaviest picking is expected in early June. Peas and preservation of peas will be highlighted in our June newsletter!!*

Creamy Bok Choy Soup: from [The Real Dirt on Vegetables](#).

1 T peanut oil
1/2 cup chopped scallions or onions
3 cloves garlic, minced
2 tsp coarsley chopped fresh ginger
2 bok choy heads, chopped
1 large potato, peeled, diced
3 cups vegetable stock or water
salt, pepper, and hot pepper flakes to taste
1 tsp toasted sesame oil
2 T sour cream

Heat the peanut oil in a pot over medium heat. Saute scallions or onions; then add potato, bok choy, garlic and ginger. Saute for a minute and then add the stock and spices. Bring to a boil; cover, reduce heat, and simmer until the potato is tender, about 20 minutes. Stir in toasted sesame oil and sour cream and blend. Serve with extra scallions and cream as a garnish.



Red, White, and Spring Green Salad: from [A to Z Cookbook](#)

1 small bunch of radishes, stems, leaves and ends trimmed off
4-5 small japanese turnips, scrubbed
1 small cucumber, halved lengthwise and seeded
4 T rice wine vinegar
1 T sugar
4 T chopped fresh mint
salt and pepper to taste

Finely dice the radishes, turnips, and cucumber. Combine with remaining ingredients and 4-6 tablespoons water in a bowl. Chill 1/2-1 hour before

Charlemagne Sald with Brie Dressing: from [A to Z Cookbook](#)

2 medium heads romain, leaf lettuce or fresh spinach (or a combination)
croutons
1/2 cup olive oil
4 tsp minced shallots or green onions
2 tsp minced garlic
1/2 cup white wine vinegar
2 T lemon juice
4 tsp Dijon mustard

8-10 oz brie, rind removed, cheese cut into small pieces and brought to room temperature

Clean the greens and dry in a salad spinner. Chop and toss with croutons in a large bowl. Warm oil in skillet. Add shallots or onions and garlic and cook until golden, 3-5 minutes. Blend in vinegar, lemon juice, and mustard. Add the cheese a little at a time, stirring constantly. Toss the hot dressing with the greens and croutons. Serve immediately with freshly ground pepper. Makes 6 servings.

Kid-Friendly Recipes: from [A sparagus to Zucchini Cookbook](#)

For Salad Dressing: mix 3 T mayonnaise, 1/4 cup olive oil, 2 T lemon juice, 1 small garlic clove, minced, and season with salt and pepper.

Spinach Roll-Ups: foll fresh whole spinach leaves with peanut butter, cheese, meats, strawberries, etc.

Cheesy Spinach: Spread the ingredients from the first mixture in the bottom of a greased casserole. Spread the spinach mixture over them. Bake at 350 degrees until firm, 45-60 minutes. Makes 10-12 servings.

First Mix:
3 eggs
1 1/2 tsp lemon juice
1 cup brown rice, cooked
1 1/2 tsp dried parsely
2 T parmesan cheese
salt and pepper to taste

Spinach Mixture:
1/2 lb spinach, chopped
1 cup cottage cheese
1 cup grated cheddar cheese
4 eggs
salt and pepper to taste
pinch of cayenne pepper