



Where The Land, Food, and People Come Together!

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Distribution Week #2

## Field Walk...

There are a lot of greens in your share this week; the kinds of greens that just by looking at them, picking them, sitting by them, you become healthier! These greens, kale and collards specifically, are the plants that were in the ground during early April's hard freeze. I remember the day of the freeze very well. It was windy, sunny, and cold. Segue and I spent the afternoon grappling with row covers, doubling up the layers on all these plants and just hoping that they would make it through the night okay. The wind would catch hold of the row cover and send it kiting through the air, one of us trying to hold onto the tail. Frustrating to say the least! But these row covers not only act like mini-greenhouses, they are our first line of defense against most pests. If our greens have a few less holes, or no worms in our broccoli, it is because these covers allow sunlight and rain to penetrate, but minimal insects.

Do you remember the freeze? We all will when July comes and there are no peaches to be found. When the freeze hit, peach growers had marble sized peaches on the trees that turned to hard stones overnight. It reminded me how less risky vegetable farming is compared to other farming ventures. And what's more, a CSA farm spreads out the risk over the entire season. If one crop fails, there are sixty others to take its place. Or, better yet, in the case of some crops, we can just plant them again (like our failed radishes--which by the way, I heard from my East Coast friends that their radish seeds have been acting up as well). And most importantly, you have helped balance our financial risk for this year--we don't have crop insurance, just irrigation, row cover, multiple plantings and 150 CSA members who said "Hey, we'll be your market for a year!!"

So, it was especially welcomed, when we heard back from several of you via email, phone, and at the farm that you loved all the greens; that the farm was beautiful; that we had found a little piece of heaven; and the surprise that our greens had very few holes in them; that the radishes were a perfect combination of spicy and earthy, etc., etc. Keep those good vibrations rolling our way. Our long days are just long days without them!

Enjoy the harvest, Amy & Segue

### What's In Your Share:

spinach, salad mix, red & green romaine, bok choy, collards, kale, sugar snap peas (for PYO) and ....

### Komatsuna: another good stir fry Chinese vegetable!

Dark green leaf, with slightly lighter stems, chop up the entire vegetables and saute, steam, or stir fry

### Pick-Your-Own Crops:

sugar snap peas are available for picking (probably a limit of 2 quarts per share--unlimited quantities may be available in upcoming weeks as more peas mature!)

snow peas and scallions coming up next week!!!

## What's For Dinner?? Simple Greens Soup

from "Asparagus to Zucchini"

- 2 T. butter or oil
  - 1 small yellow onion, diced
  - 1 lb. root vegetable (potato, carrot, turnip, etc)
  - 4 cups water or low-sodium chicken broth
  - 1 bunch of greens (kale, collards, bok choy, spinach)  
(try a little of each....)
- salt and pepper  
1/2 cup heavy cream (optional)

Heat butter or oil in saucepan over medium heat. Add onions; cook slowly, stirring occasionally, until they are translucent (don't let them brown). Add the root vegetables and water or broth. Bring to a boil, then reduce to a simmer and cook until soft, approximately 15 minutes. Add the greens and cook them until wilted, 3-5 minutes (If you are using kale or collards, maybe longer). Puree the soup until smooth. Season to taste with salt and pepper. For a creamy version, add heavy cream at the end and heat through. Makes 4 servings.



**Cooking & Storage Tips for Greens:** (from the “Asparagus to Zucchini” Cookbook by the Madison Area Community Supported Agriculture Coalition--I am sure you can find this at Amazon.com or have Borders order a copy for you--it is a cookbook designed specifically for CSA members)

### STORAGE TIPS:

--store, wrapped in a damp towel or plastic bag in the hydrator drawer of the refrigerator. Best used very fresh, but may last for up to 1 week if properly stored. Keep moist.

--for long term storage, greens freeze very well. Blanch washed greens for 2-3 minutes. Rinse in cold water to stop the cooking process, drain, and pack into airtight containers such as zip-lock freezer bags.

### COOKING TIPS:

--wash greens thoroughly before cooking to remove hidden garden grit.

--be careful not to overcook. Overcooked greens will be mushy, tasteless, and significantly reduced in nutrition.

--greens will generally cook down to 1/4 to 1/8 of their original volume.

--boil greens for 2-4 minutes, or steam for 5-8 minutes, depending on maturity and toughness of greens. Watch for the color to brighten; this signals cooking is complete or nearly complete. Colors will darken and fade in vibrancy when overcooked.

--baby greens are excellent eaten raw or for sauteing, and larger mature greens are best for stir-frying, or in soups or stews--add them toward the end of the cooking time...anywhere from 5-10 minutes is usually adequate.

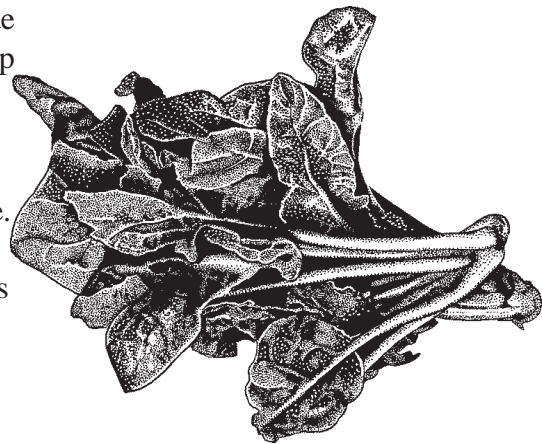
--most greens are interchangeable, but pungency does vary. The milder greens include spinach, swiss chard, collards, beet greens, and kale. The spicier greens include turnip mustard, arugula, and radish.

--try raw tender greens like spinach, swiss chard, or beet greens in your sandwich or burrito.

--greens add color, texture, and flavor to soups, stews, scrambled eggs, mac&cheese.

--serve cooked greens simply. Here are a few suggestions: toss with red wine vinegar, olive oil, salt and pepper. Toss with sesame oil, rice vinegar, and soy sauce. Toss with a lemon vinaigrette. Top with a pat of butter or eat totally plain!!

--mix greens into omelets, quiches, lasagna, or casseroles.

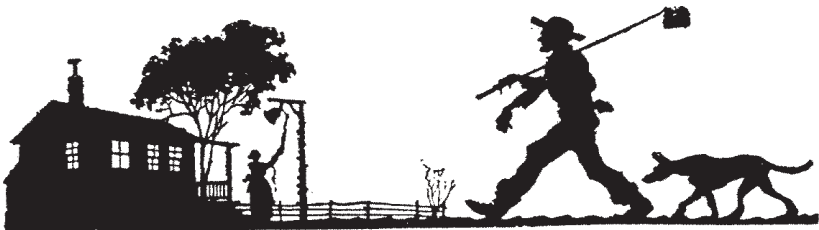


### Weather Update / What's on Our To Do List:

The week of May 13th started out HOT, but on Tuesday we had a wonderful rain--about an inch on the farm that afternoon and evening. The rest of the week was much cooler. The tomatoes were shivering at night, but the spinach and broccoli loved it! It looks like this week could be a repeat...

### Farm To Do List:

plant melons, and seed more herbs; finish building our cooler; harvest more veggies for our members; seed FALL broccoli and cabbage in the greenhouse; weed Everything still!!! build that sand box; hopefully our pigs will be here by Wednesday....



### 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!