



Where The Land, Food, and People Come Together!

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Distribution Week #3

Field Walk...

A couple of months ago, Alison Coombs of the Alton Block Party Association asked if I could create a kids' event for one of the Block parties this summer. I was hesitant at first; the Alton Block Party has never been exactly my scene. But the idea of reaching out to kids and parents who might not otherwise hear about the farm, presenting an alternative that they might not know even existed in the area--I decided it would be fun and worthwhile. After a long day at the Tower Grove Farmer's Market, I packed up the truck again and headed downtown with peat pots, pumpkin seeds, and potting soil. I wish I could say that my "Plant Your Own Halloween Pumpkin" booth was a huge hit. For most kids, it came dead last after the petting zoo, face painting, necklace making, and Raggedy Ann the Clown. But for the forty or so kids who got their hands dirty, who asked how a little seed will turn into a monster pumpkin and how long it would take--I got the feeling that for many this might have been their first time actually planting something. It made me think how fortunate I was to have grown up on a farm--the knowledge that a seed planted in soil will grow something is almost instinctual for me (as well as working very very hard--another farm knowledge passed on to me at a young age).

It also makes me think of all our farm members with kids, grandkids, nieces and nephews, and how they are giving these young people an incredible gift when they teach them about how food is grown. Yes, vegetable plants are much less fun and interesting than cows, pigs, and clowns, but you are imparting important information that has almost become lost to this current generation. More than just reading about farming in a New York Times article, or Michael Pollan's latest book, "The Omnivore's Dilemma," or a board game that mimicks a farm--we all have the opportunity to experience the real thing! That's why we started this farm! Yes, it is a long way from the ideal. There are weeds, and the road needs mulched, and we still don't have our pigs yet, but we know we've started something special when so many of you have looked past these imperfections and told us how far we've come, how beautiful the farm looks now, and how your kids asked for sugar snap peas in their lunch box!

Enjoy the harvest, Amy & Segue

Please read the back of this page for information about a grant the farm received and how you can help us implement it...

What's In Your Share:

spinach, salad mix, lettuce, bok choy, collards, kale, and...

Scallions: spring onions, green onions, bunching onions, or whatever you call them. They are a good substitute for onions and leeks that can't be harvested till August. Use the entire plant (green & white) to spice up a stir fry or dress a salad.

Pick-Your-Own Crops: UNLIMITED SUPPLY!!

sugar snap, shelling peas and snow peas are unlimited this week and next. All peas matured all at once and this is the week to pick!! Come any day from 7 AM - 7PM, rain or shine. These peas need picked!!

chard, beets, broccoli, radishes ready next week!!

What's For Dinner Skillet Eggs with Kale & Chorizo from "Asparagus to Zucchini"

1/4 pound of chorizo (a spicy Spanish-style sausage)
1 bunch of kale, leaves chopped coarsely
lemon juice
pepper 4-6 eggs
grated Parmesan or asiago cheese (optional)

Heat large, nonstick skillet over medium-high flame. Add diced chorizo and cook, stirring often, about 3 minutes. Add all the kale and cook, tossing often, until wilted, about 3 minutes. Sprinkle a little lemon juice and pepper over the mixture and toss well, then push kale/chorizo mixture to the outer edges of the pan. Reduce heat to medium and crack eggs 1 at a time to center of pan. Cook briefly uncovered, then sprinkle 3T. water over kale and eggs, cover and cook until eggs are set, about 3 minutes. Sprinkle with cheese and serve, 4-6 servings.



Putting Food By Tips

Freezing Peas

Clean peas in cold water and remove stems (or pods for shelling peas). Place into a pot of boiling water for 2 minutes. Remove from water and immediately place in cold, clean water for 2 minutes. When peas feel cooler remove from water. Shake out water. Place into plastic bag, twist, suck out excess air, and place into freezer. Enjoy in December!!

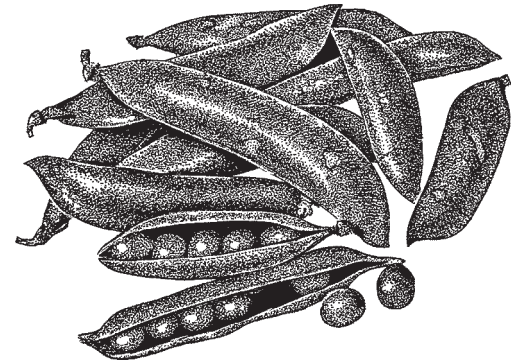
What's For Dinner!! Bacon and Brown Sugar-Braised Collard Greens

I found this recipe in the latest "Cooking Light". Thanks Mary Jo for the subscription!!

2 bacon slices
1 cup chopped onion
1 garlic clove, minced
2 cups water
1 T brown sugar
2 T cider vinegar
1/2 tsp salt
1/2 tsp ground red pepper
1 bunch collard greens

Cook bacon over medium-high heat until crisp. Remove the bacon from the pan, reserve dripping in pan. Crumble bacon; set aside. Add onion, garlic to drippings in pan; cook over medium heat 5 minutes or until tender, stirring occasionally. Stir in bacon, 2 cups water and next 4 ingredients (through pepper). Gradually add greens. Cover, reduce heat, and simmer 1 hour or until tender. Yields 8 servings.

This Southern-inspired dish is great with grilled pork chops and corn bread!!!



Farm Wish List!! and Great Grant Opportunity!!

do you have any of these items that you could donate to the farm?????

A new chalkboard (or white board): a wind storm ripped ours in half..

5 gallon buckets

picnic table and lawn furniture

And about the Grant Opportunity: the farm received a grant from a department of the USDA called SARE (sustainable agricultural research & education) to design and implement a wash station that reuses the thousands of gallons of city water we use every year to wash produce. The grant offers \$1,000 to the individual or green company that can provide this service, plus an additional \$4,000 to help us cover the costs of implementing this design. We need help finding an individual or company who can help us with this project. Do you know anybody who could help? Please call the farm at (618)374-9470. This is a unique opportunity to do something much needed and innovative on the farm.

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

Wednesday: 8-Noon

Friday: 8-Noon

Know how your food is being grown and the 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!