



Where The Land, Food, and People Come Together!

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June 2009

Field Walk....

Well, we needed rain and boy did we get it!! The rain started Sunday, May 24th and then it rained every day: Monday, Tuesday, Wednesday, and Thursday morning. All told, we picked up over 4 inches rain--that's enough rain for a whole month!! We are fortunate, however; some areas, picked up over 9 inches of rain (Edwardsville). All the rain helped us get caught up on our greenhouse work. Segue, Beth, and I made short work of seeding over forty flats. We are on our third seeding of cucumbers and zucchini; our third seeding of winter squash, and we started all the pumpkins. This will turn into a massive planting in less than three weeks. The greenhouse tomatoes are inching ever closer to the ceiling, and as they do we continue to prune and trellis. Many of them have tomatoes all ready sizing up and with some heat, maybe we will see our first tomato in a few weeks!!

After the greenhouse work, the soft soil made for ideal conditions for pounding in tomato stakes for the field tomatoes. We have five rows of cherry tomatoes planted near the barn and eight 175 foot rows planted on the other side of the deer fence. Over 275 T posts were laid out and pounded in and now we are on to trellising the tomatoes with baling twine. The tomatoes will need to be trellised once a week for the next month or so; but trellising keeps the tomato plants upright and will make for easy harvesting in July and August.

The two things we couldn't do in all this rain that we really needed to do were plant and weed. We are a little behind with lettuce and melon planting. And our second seeding of winter squash is also waiting patiently. Finally, our sweet potato plants are hanging out in damp burlap sacks waiting for their turn to get in the soil--hopefully next Monday and Tuesday. At the same time onions need weeded and potatoes need weeded and hilled.

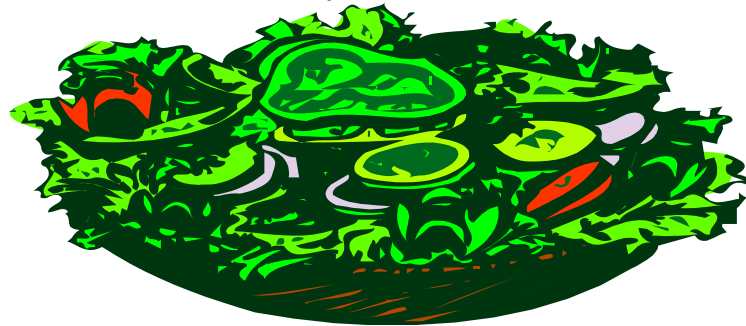
It is easy to feel frustrated by the weather. But as Segue continues to remind me, there's nothing you can do but roll with the punches and do what you can do when you can do it. These five days of rain are just a small wrench thrown into what has been a pretty perfect spring so far--I really shouldn't complain. And who knows, by the end of this month, we may be doing rain dances!!

Enjoy the harvest, Amy, Segue, & Beth

Salad Bar Potluck at the farm Saturday, June 6th at 5 PM

Please bring a dish celebrating the farm's produce, chairs, and tableware. We will provide the drinks.

We'll tour the farm, say "hi" to the pigs, and have a bonfire after dark. Volunteer opportunity before the potluck is scheduled. *If you are interested in helping the farm get caught up on weeding, please come from 3-5 PM!*



All About Peas!!

Sugar Snap Peas: snap peas are the sweetest, crunchiest peas we grow and are guaranteed to be loved by kids. Sugar snap peas can be eaten pod and all and are delicious raw! Add them to a salad or just treat as a snack. If you do want to cook them, cook quickly, no more than 2 minutes.

Snow Peas: snow peas are the long, flat pea with edible pods. They are a classic in stir-fries, but can be eaten raw as well.

Shelling Peas: pods are not edible, but the young, fresh peas inside are delicious popped out of the pod and eaten raw. Very, very sweet. They of course, can also be lightly sauteed or steamed and seasoned with olive oil or butter, and salt and pepper. The peas need only to cook 2-4 minutes depending on size.

To Freeze Peas: blanch all kinds of peas for 2 minutes, rinse under cold water to stop cooking process, drain well, and pack into airtight containers such as zip-lock freezer bags. Peas freeze well, but will lose their crunchy texture.

All About Peas!!

Unusual June 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.

Kohlrabi: is the most extraterrestrial vegetable we grow! It hales from the same family as cabbage and broccoli and tastes like broccoli stem. Kohlrabi resembles a root vegetable, either purple or white, while the edible leaves jut from the top of the globe. Store the leaves separately from the bulb in plastic bags. The globe will last for 1 month refrigerated in a plastic bag. *See below for kohlrabi recipes.*

Radicchio: looks like a small red cabbage, but has a bitter, peppery taste. Radicchio can be chopped and added fresh to a green salad, while cooked radicchio gives a savory flavor to a dish. *See below for radicchio recipes.*

Garlic Scapes: scapes are the curlicue flower stalk we snap off the garlic plants so that the bulb under ground can size up. *Scapes can be chopped up and used in place of garlic!!*

Other vegetables you can expect to see this month: lettuce, salad mix, scallions, cabbage, zucchini, cucumbers, green beans, carrots, beets, herbs, and maybe the first tomatoes!!

Kohl-Slaw: from Asparagus to Zucchini

4-6 medium sized kohlrabi, peeled and grated
1 cup finely shredded cabbage
1 small onion, or bunch of green onions, diced
1 apple, cored and diced
1/2 cup grated carrots
2 tsp olive oil
1/4 cup apple cider

Combine all ingredients in large bowl and toss. Cover and refrigerate a few hours to blend flavors. Toss before serving.



Sauteed Radicchio with fruit & cheese: from Molly Katzen's *The Vegetable Dishes I Can't Live Without.*

1 T olive oil
1 lb. radicchio (or red cabbage), coarsely chopped
1 cup grapes, halved
1/4 cup golden raisins
Up to 6 T crumbled gorgonzola or diced fontina cheese
salt and pepper to taste

Place a large skillet over medium heat. After about a minute, add the olive oil and swirl to coat pan. Add the radicchio, grapes and raisins and cook, stirring often, until radicchio is wilted, 3 minutes. Remove from heat, add the cheese, and toss to combine. Season with salt and pepper. Garnish with fresh figs and pine nuts, if you want to be very gourmet with your radicchio!!!

Wonderfully Easy Pasta with Kale: from Asparagus to Zucchini

1/3 pound penne or farfalle pasta
2-3 T olive oil
1 small onion, diced
2-3 garlic cloves or 1 garlic scape chopped fine
1/2 lb. chopped kale leaves
salt and pepper
Bring 6-8 cups salted water to a boil; add pasta and cook until tender. Meanwhile, heat olive oil in a large skillet over medium heat, add the onions and garlic, and cook until tender. Add the kale and saute until wilted. Drain the pasta and combine it with onions, garlic, and kale. Season with salt and pepper. *This dish would be delicious with any green--swiss chard, spinach or bok choy!!*

Kohlrabi with Peas and Potatoes: from Simply in Season

1/2 cup onion chopped
1 clove garlic minced
In a large soup pot, saute in 1 T oil about 3-4 minutes

1/2 tsp dry mustard, 1/2 tsp ground cumin, 1/4 tsp ground tumeric, 1/4 tsp ground coriander.
Add and saute for about 30 seconds.

1 cup kohlrabi peeled and chopped
1 cup potatoes peeled and chopped
Add and stir briefly

1 cup tomatoes chopped, 1/2 cup peas, 1/2 cup water, 3/4 tsp salt, 1/2 tsp sugar. Add and bring to a boil then simmer until vegetable are crisp-tender, about 15 minutes. Serve over rice.