



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

June 3, 2007

Distribution Week #4

## Field Walk...

This is a weird time of year. Not quite summer yet, but definitely too hot and humid to call it spring. This is a weird time of year for many of our vegetables too. We are starting a gradual transition from spring crops to summer crops. This will probably be the last week for spinach and peas. The salad mix has lost some of its sharp, vibrant spring coloring (warmer temperatures bleach colors). And the broccoli & summer squash are starting to mature, but aren't in full production (if you don't get these items this week, you will in the weeks to come). Our early row of tomatoes have a full set of tomatoes on each plant and we anxiously survey for any red. While the green beans are a profusion of flowers, but still about two weeks away from actual beans. It is time to say goodbye to all the spring greens, which you are probably ready to do anyway, and begin to make room on the cutting board for summer's fruits.

Our farm work is starting to transition as well. This week we finished with our last large transplanting for awhile--all the canteloupes and watermelons. There are now over 2,000 feet of potential chin-dripping goodness in the ground. With most of the planting out of the way, we can turn the bulk of our attention to harvesting and weeding and staking tomatoes. Thanks to our lone, extremely hard-working volunteer Kim Sinhold, on Saturday morning she helped Segue pound in the stakes of 13 out of the 16 rows of tomatoes (that is going to be a lot of tomatoes)!

Finally we were able to accomplish quite a bit in the weeding department. Our cultivating tractor has helped immensely. There are entire crops that we have never had to hand weed due to the precision of our cultivating equipment--the potatoes, tomatoes, spinach, peas, broccoli, cauliflower, kale and collards. A cultivating tractor does not eliminate hand weeding though. No tractor can get right next to the plant, so some handweeding is still involved. We handweeded all 8 beds of leeks this week, 5 beds of onions, 1 bed of carrots and 1 bed of herbs. Some large weeding projects still exist, but gradually the farm is shaping up and shipping out the weeds. Come give us a hand sometime and participate in this time-honored, universal struggle between domestication and the wild!

Enjoy the harvest, Amy & Segue

### What's In Your Share:

radishes, beets, broccoli, spinach, lettuce mix, arugula, kale, komatsuna, collards, scallions, and...

**Swiss Chard:** our "summer spinach" harvest has begun. Swiss chard is a staple from now through July--it keeps growing and tastes good all summer long. You can eat the dark greens and the white, yellow, and red ribs. Prepare and store them just like spinach.

### Pick-Your-Own Crops: Parsley & Peas

Parsley is ready to pick. Just snip a few stems from a few different plant. Also, all peas are still available for picking. This will probably be the last week, so enjoy them for one last week. The farm is open from 7AM to 7PM every day!!

summer squash & radicchio will be ready next week!!

### What's For Dinner Chard w/Raisins & Pine Nuts from "The Real Dirt on Vegetables"

1/4 cup of olive oil, divided  
1/2 cup of sliced onion  
1 clove of garlic, minced  
1-2 lbs of swiss chard, coarsely chopped  
1/3 cup of raisins  
1/4 cup of pine nuts, toasted  
1 T freshly squeezed lemon juice  
salt and pepper

Heat 3 T of the oil in a large skillet over medium-high heat. Add the onion; cook, stirring occasionally, until golden, about 15 minutes. Stir in the garlic and cook for 1 minute more.

Add the chard in batches, adding more as each batch wilts (the only water you need is the water clinging to the leaves from rinsing), and keep the pan covered between batches. When all the chard is added and the leaves are wilted, stir in the raisins, pine nuts, lemon juice, and the remaining 1 T of olive oil. Season with salt and pepper to taste. Serves 4-6.

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

The week of May 27th was a warm and humid one with plenty of rain to go around. We dodged rain drops as we hand weeded, harvested and planted melons. We accumulated a good 2 inches of rain in our soil bank!!

### Farm To Do List:

plant broccoli, cauliflower, cabbage, and kale in the greenhouse for the fall!, finish building our cooler!, harvest more veggies for our members!, finish trellising the tomatoes, hill potatoes, weed peppers, eggplants, squash and cucumbers. cover with row cover the melons, weed the last bed of carrots and last 4 beds of onions, build that sand box by Saturday!!, seed with the seeder 1 bed of lettuce and over twenty beds of winter squash--acorn, delicata, butternut to name a few! mow the back 12 acres. TIME TO GET TO WORK....

### The Pigs are Coming!!!

After a thorough search, I am happy to report that we finally found some pigs! They will be here in 3 weeks (maybe sooner!).



### Radish Tips (from "Cooking Light" magazine, June 2007)

"Radishes are often a supporting player, as when they add zest to coleslaw, and they have an affinity for cucumbers and jicama. For an easy burger condiment, stir 2 teaspoons finely chopped or grated radish into 1/2 cup mayonnaise. Also, cut them into 1/2 inch slices and toss with sesame oil, salt, and pepper, and grill."



### Volunteer Opportunities Abound!!

We love volunteers and our harvest mornings are a great time to experience the farm. 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

## The Best Salad Bar Potluck in the World!!!

This Saturday, June 9th, at 5 PM at the farm!

Come celebrate salads by bringing your favorite creation. (Of course all other types of dishes are welcome--including desserts!!). We will give a brief tour of the farm, then enjoy each other's company and some delicious food. We will have a bonfire for after hours, so please bring your guitar, musical instrument, smores, etc.

Please bring enough food to feed five people, chairs, plates, utensils.

SEE YOU THERE!! Guests are welcome!

