



Where The Land, Food, and People Come Together!

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Distribution Week #3

## Field Walk...

It is Saturday night, May 31st and as I write this newsletter it is raining again and even hailing, pea-sized. We feel sick to our stomachs as we stare out the window and can only hope that it is not hailing at the farm, although we are sure it is raining. Meanwhile, there is rain in the forecast for the next four days. I am certain that you are tired of our doom and gloom newsletters; believe me, we are tired of writing such news. We have tried to stay positive, but we would be dishonest to say all this rain hasn't been a factor. Last Sunday an entire planting of canteloupes were washed away. We have had to delay plantings of winter squash, beans, carrots, and watermelons (may be a good thing!). The season is long though and we appreciate your understanding as we continue to try and sink, slush, and slog our way through this spring!

On a lighter note, we want to send a special thanks to our three Principia interns: Jenny, Amanda, and Luisa. They have been with us since the first of April and this will be their last week on the farm. We are going to miss them so much! Amanda's passion for local food was inspiring and she always made Segue and I laugh! Jenny brought a positive, dependable and independent spirit to the farm; she also was fearless to try new things. And Luisa hopes to start her own small farm some day in Columbia and we can't wait to visit! Our interns tried their hands at all sorts of tasks: greenhouse seeding, transplanting, tons of weeding, building chicken coops and pig pens; driving the tractor and finally, harvesting! We are so thankful for all their hard work, their brilliant conversation and all the laughs! As we continue this season, remember their contributions when you eat radicchio, onions, sweet potatoes--okay, every vegetable!!

We love you guys!!

Enjoy the harvest, Amy & Segue,  
Jenny, Amanda, and Luisa!!



## What's In Your Share:

spinach, salad mix, radishes, bok choy, and...

**Kale:** our spring kale is the Toscano (or Dinosaur) variety; long, dark green leaves that are very tender. *See recipe on back.*

**Scarlet Queen Turnips:** they may look like beets, but they are a beautiful red turnip with white flesh. Nice and crunchy; greens are edible! *See recipe and picture below.*

**Pick-Your-Own Crops:** Strawberries & Peas

The strawberries are just starting to ripen, so we will be picking them for you--our goal is to give all farm members a taste in the next three weeks. Sugar Snap Peas are PYO, **but limited quantity**. The farm is open from 7AM to 7PM every day!!

green onions, garlic scapes & maybe broccoli ready next week!

## What's For Dinner Young Turnip Salad

from "The Real Dirt on Vegetables"

1 cup grated raw young turnips

1 cup grated apples

1/2 cup fresh parsley

3 T fresh lemon juice

1 T vegetable oil

salt and ground pepper

Toss the turnips, apples, parsley, lemon juice and vegetable oil in a large bowl. Season with salt and pepper to taste. Cover and refrigerate for 1 hour.

*Raw, young turnips are sweet with a tender, firm crunch. In this refreshing salad, lemon juice and crispy apples accentuate both of these qualities. For a sweet treat, try tossing in some raisins. Or top the salad with chopped and freshly toasted pecans or walnuts. Makes about 2 cups.*





### What's For Dinner: Kale & Potato Tarragon Salad (from Asparagus to Zucchini)

- 2 lbs. potatoes, scrubbed
- 7 T olive oil, divided
- 1 medium onion, diced
- 1 bunch Kale, chopped into 1 inch pieces
- 1 clove garlic, minced
- 2 T white vinegar
- 2 T lemon juice
- 1/4-1/2 tsp tarragon, divided
- salt and pepper to taste

We picked up another 5 inches of rain from May 25th - June 1st!



Steam or boil potatoes until fork-tender. Drain, cut into large bite-size pieces, place in large bowl, and cover to keep warm. Meanwhile, heat 1 T olive oil in a wide skillet over medium heat. Add onions; saute until translucent. Add kale and garlic; cook until kale is tender, about 5 minutes more. Combine vinegar, lemon juice, 1/4 tsp dried tarragon, remaining olive oil and salt and pepper. Add kale mixture to potatoes and pour dressing over everything. (It's important to toss the dressing while the mixture is hot, to soak the flavors.) Add more more salt, pepper, or tarragon if necessary. Serve warm or at room temperature. Makes 6 servings.



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

This Saturday, June 7th, 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!

