



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

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Distribution Week #5

Field Walk...

Segue and I are starting to find our summer rhythm. Now that the planting is done till the fall crops, we devote Mondays to weeding. Tuesday and Friday morning to harvesting for our on-farm members. Wednesday to harvesting and packing about 70 boxes for our St. Louis folks. That leaves us several afternoons for staking and trellising tomatoes, doing special projects like taking down the pea trellis, mowing old crops, tilling ground, and working on our cooler (which requires at least two trips to Lowes a week!). We said goodbye to the spinach on Saturday as Segue mowed and tilled all 8 weedy beds. We harvested over 500 pounds of spinach (that's a bumper spring harvest in my book), and how can we begin to calculate the number of pints, quarts, and pounds of peas picked over the last month.

One of our favorite "pea" memories happened Saturday evening at the farm potluck. Thanks to all the folks (especially the number of St. Louis members who made the drive up and over the river to see the farm) who attended and brought incredibly delicious, creative dishes. However, hands down, the most creative, delicious dish came after hours: with just a few families huddled around the bonfire, the stars staring to pop, kids chasing fireflies, a slight chill in the air (yes, the evening was just that Hallmark perfect), someone mentioned smores, but with no makings, the kids ran over and grabbed a bunch of sugar snap peas and poked them onto sticks and roasted them over the fire. I have to say as someone who tries to find an easy, delicious recipe to put in the newsletter each week, these were the best peas of the season. Eventually, smore makings were brought out, but roasted peas over a bonfire represented so much more to Segue and I. Our vision for this farm, first and foremost is to grow beautiful and healthy vegetables for as many people as we can. Second, to take care of our piece of ground and the surrounding natural environment. And finally, to create a farm that is entirely flexible and open to who you are; if you just want great vegetables this is your farm; if you want a place to hang out, where as parents you can allow your kids to play in the mud, in the dust, to turn over harvest barrels and play hide and seek, to bury themselves in the sandbox, to loose a baseball in the tomato rows, and to roast peas, this is your place, too!

Enjoy the farm vegetables, the farm dirt, the farm stars, the farm fireflies, etc., etc.. Amy & Segue

What's In Your Share:

salad mix, swiss chard, bok choy, radishes, scallions, broccoli, zucchini/summer squash, collards, parsley and...

Young Turnips: "Hakurei" turnips have a mild flavor and a juicy crispness that can be enjoyed raw, much like a radish. Or go old school, and boil and mash with butter salt and pepper (like your grandparents used to eat them!)

Pick-Your-Own Crops: Parsley and cilantro, and pea gleaning for the die-hard pea lovers!!

radicchio needs another week, green beans may be ready!

What's For Dinner: Young Turnip Salad

from "The Real Dirt on Vegetables"

1 cup peeled and grated raw young turnips
1 cup peeled and grated apples (about 1 large apple)
1/2 cup finely chopped fresh parsley
3 T fresh lemon juice
1 T vegetable oil
salt
freshly ground black 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.

