



Where The Land, Food, and People Come Together!

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June 10, 2008

Distribution Week #4

## Field Walk...

Just as the weather this week had us springing from a cool spring straight to summer, our task list actually had us thinking about fall too! We started seeding our fall crops in the greenhouse last Tuesday. Once again the tables are full of broccoli, cauliflower, collards, cabbage, and brussel sprouts. September and October always feel like eons away from these humid, hazy days, but managing a CSA is heavy on the long-term planning; we are continuously thinking about what we will have to offer next week, in a month, and six months from now!

We were also busy seeding winter squash. So far, 16 rows (225 feet long) of acorn, delicata, and butternut were seeded. Now, just pumpkins next week and we will really be in the fall mode.

And while we are on the topic, nothing says fall to me like garlic. We will be harvesting our garlic in early July, then curing it in our barn for about 6 weeks before handing it out to you all. But that doesn't mean you have to wait until September for a taste. This week we offer you **garlic scapes**. Many of you may be unfamiliar with this curly wonder. Escaping from the tops of each garlic plant is a curled green stem with a small white bulb right before the tip. The small bulb is a garlic seed. We harvest the scapes so that the garlic plant can pull all its energies into the bulb underground. If you planted the bulb from the garlic scape, it would take two years to grow garlic. That is why most people plant the individual cloves from the mature bulb, which takes less than one year to harvest (plant in October, harvest in July). **Garlic scapes can be used just like garlic chives or scallions. They are edible from stem to tip and are a great addition to any recipe that calls for garlic. They can also be eaten raw, chopped into salads or the like.** The garlic taste is definitely noticeable, but not as strong as regular garlic. Here's to garlic breath!! Enjoy the harvest,  
Amy & Segue



### What's In Your Share:

Red & green lettuce, turnips, spinach, kale, bok choy, cilantro, and...

**Scallions:** or you might know them as green onions. The scallions you get these next few weeks may have white or red bulbs and the entire onion can be used from green top to bottom. Use raw or add to any dish where onions are called for.

**Garlic Scapes:** *see description & photo at left.*

**Pick-Your-Own Crops:** Strawberries & Peas (about 1 quart of each); also Cilantro!!

broccoli needs another week, swiss chard, green beans & beets may be ready next week!

### What's For Dinner: **Mango Cilantro Salsa**

*from Asparagus to Zucchini*

2 ripe mangos  
1 ripe avocado  
juice of 1 lime  
1 jalapeno, seeded & chopped  
1/4 cup minced green onion  
2 T chopped cilantro  
1 tsp minced garlic, pressed to paste  
Peel and dice mangos and avocado. Combine with remaining ingredients. Serve as a topping for grilled fish, chicken, or as a dip for tortilla chips. Makes 2 cups

### What's For Dinner: **Garlic Scape Pesto**

1 cup grated Parmesan cheese  
3 T lime or lemon juice  
1/4 lb of garlic scapes  
1/2 cup olive oil  
salt to taste  
Puree scapes and olive oil in a blender or food processor till smooth. Stir in parmesan and lime or lemon juice and season to taste. Serve on bread, pasta, fish.