



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 24, 2007

Distribution Week #7

Field Walk...

Segue and I are happy to announce the arrival of four new interns to the farm--our little piglets arrived on Wednesday all the way from Hinkenbein Farms in Cape Girardeau, MO. These pigs have not been treated with hormones or antibiotics and are beautiful, healthy, and adjusting well to their new home. They will be on a diet of 2 parts pasture and vegetable scraps and 1 part grain (so that they receive sufficient protein). Unfortunately, the grain will not be organic (way, way too expensive!). They will be with us till the end of October and then we will have them slaughtered and sell the meat to farm members who are interested.

Our four interns will be working very hard for the farm this summer and fall. Pigs naturally are rooting, grazing animals. As they investigate the pasture, and munch on oats and clover, they will also use their snouts to root up the soil in search of grubs, beetles and the like. It is like having four little plows working all at once to turn the soil. Not to mention, the fertility they will be adding!! In a small way, we are beginning to close the loop and our dependence on outside sources of fertility. The pigs will be eating all extra vegetables (they've been loving the kale and collards we have been feeding them!!) and then their manure will fertilize plantings of vegetables in years to come.

We are so thankful for everything they will contribute to the farm--including a lot of entertainment. Forget reality television, try PIG TV sometime! Segue and I have enjoyed watching them check out their house for the first time, roaming around the pasture, devouring a leaf of kale, rolling in the mud (pigs do not have sweat glands, so they use mud as a way to cool down and exfoliate their skin). If you like, stop by and visit them anytime!

Enjoy the vegetables, Amy & Segue

What's In Your Share:

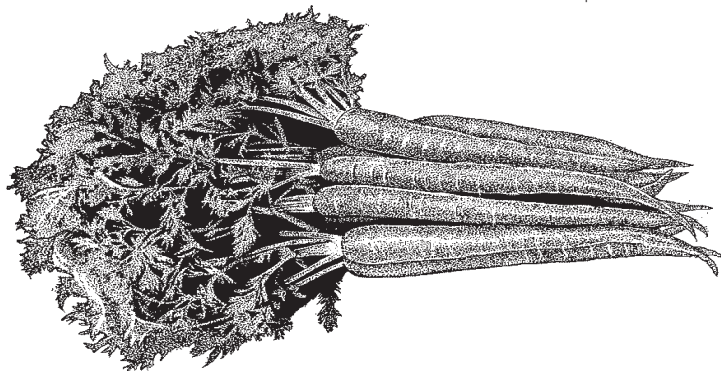
salad mix, swiss chard, bok choy, scallions, zucchini/
summer squash, kohlrabi, and these new vegetables....

Cabbage: Our summer cabbage is here just in time for 4th of July coleslaws. Green or red cabbage will be in your share this week and next.

Carrots: Finally, some fresh carrots! We start by bunching our carrots, since they are not that big (they're easier to harvest that way).

Pick-Your-Own Crops: green beans, and all herbs and flowers are available for picking!!

Next week...potatoes



What's For Dinner: Cole Slaw

from "Asparagus to Zucchini"

- 1 head cabbage
- 1 lb. carrots
- 1 bunch cilantro
- 1/3 cup lime juice
- 1/3 cup apple cider vinegar
- 2 T salt
- 1 T chili powder

Quarter and core the cabbage. Slice thinly by hand or in a food processor. Peel and grate the carrots. Chop cilantro. Toss all ingredients. Let stand for 1 hour. Serve as a garnish for tacos, as a side dish for sandwiches, or as a picnic salad. Makes 3-4 quarts.

