



Where The Land, Food, and People Come Together!

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Distribution Week #8

## Field Walk...

Segue and I both felt the farm turn a corner this last week. The soaking, million dollar rain and the cooler temperatures was the first shift. The farm received over 1 1/2 inches of rain which came just in time for all the canteloupes, watermelons, cukes, fall potatoes, and heirloom tomatoes that are sizing up. And the cooler temperatures helped to cool down and refresh two very wilted, sagging farmers!

As the temperature cooled it was easier to think about the Fall. We planted the brussel sprouts, our first succession of broccoli and carrots, and reseeded a few of the winter squash varieties that did not germinate so well. We also seeded our last succession of cucumbers and zucchini.

The other major shift occurred as Segue plowed under all the broccoli, kale, and collards, along with other old beds and we seeded these patches into different cover crops. We were not wistful in the least to see these old vegetable plants return to the earth. They provided us many weeks of wonderful food, but now these are areas of the farm that we can put behind us, not worry about weeding anymore, and allow to rest and recover.

Cover cropping is a technique that farmers use to restore the soil. Instead of allowing the soil to be open and bare (where wind and rain can erode top soil), we seed a variety of different cover crops depending on the time of year. For a summer cover we seed either buckwheat or sudan grass. Both grow quickly shading out weeds, they thrive in warmer temperatures, and don't mind droughty conditions. The sudan grass can grow over 7 feet tall (if you let it) but we will mow it down a few times, thus adding additional organic material back to the soil. Buckwheat (yes it is the same buckwheat used in pancakes) will blossom in six weeks and will be a source of food for the four hives of honey bees we have on the farm.

The honey bees are owned by Jim Cranmer who brought them to the farm in the early spring. While many bee colonies all over the country are disappearing mysteriously, these bees have been doing very well in their new surroundings. Besides feeding in the clover cover we seeded in the back 6 acres in the spring, we also see them in the summer squash, zucchini, cukes, and tomatoes. Our harvests might be much smaller if it were not for these bees. And Jim will harvest his first honey in the Fall (we got a sample a few weeks ago and it was unbelievable!!).

The farm is starting to circle in on itself. We feed the soil, the soil feeds the plants, the plants feed us, bees, pigs, a rabbit or two (no deer yet!) and then around again and again.

Enjoy the ride, Amy & Segue

## Our Best Guess for what's in your Share:

kohlrabi, beets, zucchini, summer squash, salad mix, basil, green beans, scallions, tomatoes, and...

**New Red Potatoes:** these little beauties are just in time for your 4th of July potato salads. For better storage, we leave them unwashed.

**Red Cabbage:** small-to medium sized heads are amazingly dense and tasty. Cut them into a salad for a purple flair or make purple coleslaw for cooling down in this hot weather. We will have either green or red cabbage for the next several weeks and then a break until fall.

**Pick Your Own:** green beans, all herbs, and flowers!

## Coming Up!

shallots, sweet peppers, and our main crop of cucumbers will be in! Cherry tomatoes will be ready for PYO!

What's For Dinner: **Beet Burgers**-- makes 12 burgers from "The Real Dirt on Vegetables"

- 1/2 cup sesame seeds
- 1 cup sunflower seeds
- 2 cups grated beets (about 1-2 beets)
- 2 cups grated carrots
- 1/2 cup minced onion
- 2 eggs, lightly beaten
- 1 cup cooked brown rice
- 1 cup grated Cheddar cheese
- 1/2 cup vegetable oil
- 1/2 cup parsley
- 3 T flour
- 2 T soy sauce or tamari
- 1 clove garlic, minced
- 1/8-1/4 tsp cayenne pepper



Preheat the oven to 350. Lightly coat a baking sheet with butter. Over medium heat, brown sesame seeds (3-5 minutes) then transfer seeds to a dish and set aside. Return the skillet to the heat. Add the sunflower seeds and brown (same as sesame seeds). Set aside. Combine the beets, carrots, and onion in a large bowl. Stir in all remaining ingredients and mix until thoroughly combined. Using your hands, shape the mixture into 12 patties and place on baking sheet. Bake until brown around the edges, about 20 minutes. Unless they are very large and thick it should be unnecessary to turn them. Serve on bun with all the traditional hamburger fixings!

## More Dinner Ideas!!

### Coleslaw from The Victory Garden Cookbook

3/4-1 cup mayonnaise  
1/2 cup red wine vinegar  
1 Tb Dijon mustard  
2 tsp sugar  
salt and freshly ground pepper  
8 cups of finely sliced green and red cabbage  
1 cup grated carrots  
1 cup chopped onion

Combine the mayonnaise, vinegar, mustard and sugar. Season with salt and pepper. Toss the cabbage with the carrots and onions, then mix thoroughly with the dressing. Taste again, reseasoning if necessary, and marinate, refrigerated for at least 1 hour. Longer marination tenderizes further.



### MY FAVORITE COOKBOOKS!

This is a list of cookbooks that I use in writing the newsletters and may be helpful for you in your kitchen. I am sure any bookstore carries them or could order one for you!

**Vegetarian Cooking for Everyone** by Deborah Madison

**The Victory Garden Cookbook** by Marian Morash

**From Asparagus to Zucchini: A Guide to Farm-Fresh Season Produce** (by the Madison Area Community Supported Agriculture Coalition--published by Jones Books, WI)

**Farmer John's Cookbook: The Real Dirt on Vegetables** by Farmer John Peterson and Angelic Organics



### Weather Update/What's on Our To Do List

The week of June 24th started out hot, humid and wet. Over the course of the week we received over a 1 1/2 inches of rain. And the temperatures cooled down a lot--only 76 degrees on Friday. This week looks like it will warm up again--good for ripening tomatoes!

### Farm to Do List:

Plow up the last area of the farm to plant Fall cabbage, kale, collards, and cauliflower. Weed beets. Weed sweet potatoes. Stake pole beans and final succession of tomatoes. Cultivate carrots, beets and all winter squash. Harvest and pack 70 St. Louis boxes, harvest for 40-on farm members. Clean our finger nails and toes, get dressed up and go to my sister's wedding in Michigan on Friday. **The farm will be closed over the weekend. Happy 4th of July!**

