



Where The Land, Food, and People Come Together!

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Distribution Week #7

Field Walk...

The transition is continuing from spring to summer in more ways than one. We are saying goodbye to a lot of the greens that filled our first six weeks and finally saying hello to the summer crops we all wait for with taste buds firing. The moment in the field when you spot the first orangy-red tomato in a sea of green--it is one of the highlights of the season! It has been a little longer wait this year. Our first tomato sighting last year was on June 16th. The norm for this season is plan to be about two weeks behind schedule--trellising, cover cropping, pumpkin planting, cherry tomato picking, etc. Every season is a little different, thank goodness. That is how we become better farmers. Last season we learned how to farm in a drought. We learned that we can still produce using a simple irrigation system. We learned that brussel sprouts, broccoli and rutabagas can survive an August consistently over 95 degrees. This time around, we've learned just how silty our soils are (which makes last year's harvest during a drought even more of a miracle). Even after a good inch of rain, by the afternoon of the next day there are areas of the field where we can get in and prepare the ground to plant. We've also learned what a challenge it is to weed effectively with so much rain. When we weed with our tractor, the tool tends to dig just under the surface, uprooting weeds and laying them out on top to dry out in the sun. However, if it rains just a few hours later, the weeds are given a second chance and may reroot. So, trying to hand weed and hoe six acres, talk about ineffective. But we have yet to lose a crop to weeds and every week we cross another major weeding project off our list.

The spring to summer transition can also be seen by just walking around the fields. Nothing is more rewarding than tilling under old crops or moving the chickens onto the kale to eat all the cabbage worms. Peas, spinach, strawberries, they gave us a lot of smiles and a lot of food this spring. Now, it's time to give them a rest and move onto redder, sweeter pastures!

Enjoy the harvest, Amy & Segue

Come Help

Harvest our Garlic!!

Tuesday, July 8th 9-Noon

(rain date, Friday, July 11th)

*if you plan to come from St. Louis, why not pick your produce up at the farm instead of getting a box? Just let us know by Sunday so we can harvest accordingly!



Our Best Guess for what's in your Share:
lettuce, green cabbage, carrots, beets, zucchini or summer squash, 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.

Tomatoes: our first planting of tomatoes are starting to turn. They are in limited supply this week, but we are planning on a long, bountiful tomato season!

Pick Your Own: Dill, parsley, and flowers are open!

Coming Up!

shallots, red cabbage, basil, and eggplant are on the way! Kohlrabi should finally be ready!

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 green 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!

