



Where The Land, Food, and People Come Together!

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Distribution Week #8

Field Walk...

This week a farm member commented, “boy, the farm is really weedy this year!” Yes, yes, I know! But let’s look at the weed issue from another angle: we are all culturally programmed to believe a farm or garden should be made up of straight rows consisting of only what we put in them; that the farmer is lording over his or her land like a general over a battlefield. This attitude, however, has created enormous heartache, resource depletion, and pollution, and it has fueled an industry that provides every imaginable machine and chemical to give us that ultimate sense of control and mastery over nature. It is good to think about another alternative: rows of vegetables alternate with rows of weeds, or weeds and vegetables share the same field space. It is true that if the weeds are not kept in check until the planted crops dominate, there probably will not be much of a crop. But once the crop is established, what if we just left the system to itself? A vivid example of this is the onions this year. We meticulously weeded them at the end of May and then tried to keep them clean with tractor cultivation. A month later, the weeds are about ankle high, but part those weeds and you will find beautiful, healthy, and huge onions growing!

We wrestle with both of these visions, often yielding to the second just because we don’t have enough labor to live up to the first. But we would like to extend a special thank you to some enthusiastic, faithful and astonished volunteers. Thanks to Karen, Lauren, Betsy, and Marcy. Because of your help these last few weeks, we are going to have a bountiful leek and sweet potato crop! (Even if in two months you won’t be able to see them for the knee-high weeds). Here’s to the racy, robust tango (or tangle) of crops and weeds! Enjoy the harvest, AMY & Segue

What’s For Dinner: Couscous w/ Kohlrabi & Dressing

from “Asparagus to Zucchini”

2 tsp minced garlic
2 T minced cilantro
2 T minced parsley
1 tsp paprika
1/2 tsp cumin
salt
3 T fresh lemon juice
3 T olive oil
2-3 cups cooked couscous at warm temp
2 cups peeled kohlrabi, diced
16 black olives (optional)
1/2 cup crumbled feta (optional)

Mix all herbs and salt to taste.
Stir in lemon juice and olive oil.
Toss this mixture with couscous.
Bring to room temperature.
Gently toss with kohlrabi and olives (if desired). Serve as is, or sprinkle with feta cheese. Makes 6 servings.

Our Best Guess for what’s in your Share:

lettuce, carrots, beets, green cabbage, red potatoes, zucchini/summer squash*, cucumbers*, tomatoes*...

Kohlrabi: this crop (looks like a white or purple ball with stems coming out of the top) is in the Brassica family along with its cousins broccoli, cabbage, kale, etc. To use it, peel the skin and cut it up and eat fresh--tastes sort of like broccoli-carrot. Or use it in your cooking for a nice change of pace. *See picture & recipe below.*

Shallots: has a distinct, sweeter, more intense, more complex flavor than onions. Use just like onions to produce a more complex, softer, sweeter result or try raw in a vinaigrette. *See recipe on back.*

Eggplant*: we grow several varieties from the regular bulky pear shaped to long, narrow Japanese varieties. Make parmesan, tabouli, or treat it like any meat--just marinate & grill! Delicious!

Basil: this aromatic herb adds so much to any dish. And all by itself creates the great pasta sauce Pesto (*recipe on back*). Use leaves and discard stem. We’ll have a good supply till Fall.

Pick Your Own: green beans (about 1 quart) basil, parsley, and flowers!

*these crops are ripening in small quantities at first (with overflowing amounts to come!). For now, we hope to give everyone at least two of these summer fruits.



More Dinner Ideas!!

Pesto *(a recipe we know by heart!)*

4 oz Parmesan cheese, in 1" pieces
4 small garlic cloves, peeled
2 2/3 cups basil leaves
1/3 cup pine nuts (or walnuts)
3/4 tsp salt
1/3 cup olive oil

In a food processor or blender chop cheese and garlic for 30 seconds. Add remaining ingredients except oil and process until combined. With machine running, pour oil in and process until combined--about 10 seconds. Scrape down side of bowl and process until smooth--about 20 seconds. This recipe makes enough for 1 1/3 lbs of pasta. Enjoy!!

Caramelized Shallot-Walnut Vinaigrette Sauce

from "Amaranth to Zucchini"

5 shallots
About 1/2 cup walnut oil (or use olive oil and add finely ground walnuts)
salt & pepper to taste
3 T water
1/4 cup sherry vinegar
1 tsp minced thyme

Peel shallots and cut thin. Heat 2 T oil in medium-low heat and add shallots. Toss often until browned, about 10 minutes. Add water and remove from heat.

Blend together 1/4 cup vinegar, 1 tsp thyme and 1/4 cup more oil. Add shallot mixture. Season with salt and pepper. This sauce can compliment and meat--pork, chicken, beef. Or cool in refrigerator and use over a salad.

Just For Kids!! Pink Pancakes w/ Beet Puree

from "Deceptively Delicious" by Jessica Seinfeld

3/4 cup water
1/2 cup ricotta cheese
1/4 cup beet puree
1 tsp vanilla extract
1/2 tsp cinnamon
1 cup of your favorite pancake mix
1/4 cup grate apple (or peach might be delicious!)
1 T canola or vegetable oil
maple syrup or fruit for topping

For beet puree: leave beets whole and unpeeled. Wrap in aluminum foil and roast at 400 degrees for about 45 minutes (or until tender). Peel if desired, otherwise place in a food processor or blender for about 2 minutes.

For pancakes: Combine the water, ricotta cheese, beet puree, vanilla, cinnamon. Add the pancake mix and apple and stir until combined. Use about 1/4 cup of mixture per pancake.

Serves 4.



Thanks Alison (my younger sister) for all your help (and laughs) on the farm!