



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

July 22, 2007

Distribution Week #10

## Field Walk...

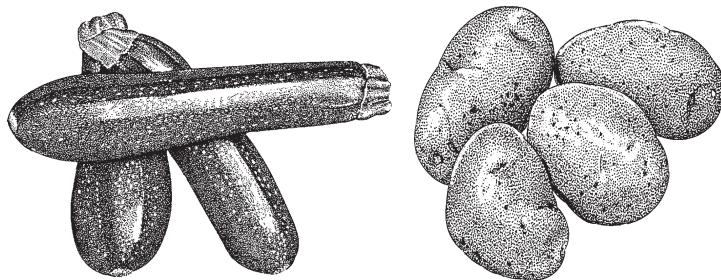
Ahhh...the smell of garlic. 500 pounds hanging from the rafters of our barn definitely has more of a sweet smell than garlic breath! And thankfully, all the volunteers who helped with our first garlic harvest didn't have garlic breath, but our hands all reeked of garlic by the end of the morning. Friday, July 11th was a little on the sweaty side, but it didn't squash anybody's energy as we forked, cleaned, bundled and hung close to 2000 gigantic garlic bulbs. A mid-morning break of popsicles and stories about how to get the garlic smell out (rub your hands along any thing stainless steel!) were notable memories from the day. A big, big thank you to all who helped with the harvest. The garlic is curing in the barn as we speak and we will start giving it out in a few weeks.

With baseball's all-star game behind us, now is a good time to reflect on our mid-point of the season. Although the spring rains and cool temps may feel like a distant memory, they continue to effect how our season has played out. This has been a good year for cool-weather loving crops like spinach, cabbage, lettuce, and we had plenty of those our first 8 weeks. Now, we are transitioning into the summer fruits we all look forward to. We have had about 3 weeks of zucchini, cucumbers, eggplant and tomatoes---but the harvest has been gradual with not everyone receiving all of these vegetables every week. These summer crops have been slow to ripen due to the cooler spring, the heavy rains, the wind storms--it's really a miracle that we have anything to show after such a turbulent, unpredictable spring. But these crops are all doing well now and we should be swimming in them sooner rather than later. The carrots and potatoes have been a fine crop as well and nearby, Segue and I have spotted many watermelons starting to size up in the heat. Unfortunately, we will not have any canteloupes this season due to one of the massive spring rains--(many of the plants have probably resprouted along the banks of the Mississippi). We are watching our pepper crop carefully as a bacterial spot has infected a number of the plants. This is our first time dealing with such an infection and it seems like some of the plants are growing out of it and hopefully we will have plenty of peppers when it is all said and done.

This has been a season with a number of our best players on the DL. Some are out for the season--cantaloupes, parsnips. Others are suffering injuries that just set us back a game or two--like loosing our entire first crop of summer squash and cucumbers. Other crops you can depend on to just show up and play--potatoes, green beans, cabbage. We have had plenty of curve balls this season, but that is the beauty of farming and baseball--there is always tomorrow, the next game, and of course, we still have sixteen weeks left of the season. I'd say we are just above the .500 mark--hopefully winning a few more than we are losing! Enjoy the harvest, Amy & Segue

Our Best Guess for what's in your Share:  
red potatoes, carrots, beets, zucchini, cucumbers,  
sweet onions, tomatoes, red cabbage, basil

**Pick Your Own:** Cherry tomatoes are open for picking: 1-2 pints for this first week. Basil and parsley are unlimited. No green beans this week.



Coming Up!

Sweet peppers should be ready next week and maybe fresh soybeans!

What's For Dinner: **Grilled Red/Green Cabbage Slaw** from farm member Maria Carla Foster

- 1/2 c. tarragon vinegar
- 1/2 c. sugar
- 1/2 c. olive oil
- 2 T dijon mustard
- 1 T fresh tarragon
- 1 red cabbage
- 1 green cabbage
- 1 bunch green onions (or any type of onion would be fine)



Spray grill. Prepare barbeque to medium-high heat. Whisk together vinegar, sugar, oil and tarragon in bowl. Season with dressing, salt and pepper. Brush cabbages and onions with oil. Sprinkle with salt and pepper. Grill cabbages until dark grill marks form, 3-4 minutes per side. Grill onions, 2-3 minutes. Transfer veggies to cutting board. Chop onions and cabbage. Place in bowl. Discard cores. Add dressing and toss. Season with additional salt and pepper if needed.