



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 29, 2007

Distribution Week #12

## Field Walk...

When TS Eliot said that April was the cruelest month, he obviously had never spent an August day in St. Louis. We made our way through the month of July relatively unscathed, thankful for the cooler weather, and only slightly anxious over the lack of rain. Now, August is here along with the blazing sun, thick as soup humidity, and not a drop of rain in sight. You can never really believe this kind of summer is here until you are right in the middle of it. To stay cool (and we use the term loosely here) Segue and I begin most days of the week by 5:30 in the morning and work till about noon (or until we've snapped at each other just one too many times--all heat related temper tantrums of course!). Then we escape inside for the afternoon, take a cold shower, a long nap, and head back out to the farm after dinner to finish a few things up. This is a civilized way to farm in St. Louis during the dog days of August, I think. And we constantly keep our eyes on the prize--the cooler days of September!!

Segue and I have had to start seriously irrigating again, since our last soaking rain was the last week of June. This summer's "scattered" showers have been scattered either north or south of us. But, it is not as bad as it could be and with vigilant irrigating, all the fall crops will be fine till the next good rain.

We are getting rained upon in a different sort of way this summer--is anyone sick of tomatoes yet? We hope the answer is NO, NO, NO, NEVER--BRING IT ON! Segue and I can't even harvest all the tomatoes that are ready to pick, because we don't have enough buckets or time. In 45 minutes, we harvest 20 full buckets worth--that's 600 pounds!! And only off of two rows--what about the other ten?? We are including several more tomato recipes and remember freezing tomatoes for this winter is very easy. We love the idea that the farm has the potential to be feeding your families in some way over the winter months.

Thankfully, the pigs love tomatoes and never tire of them. Their snouts are stained red from such tomato gluttony. What about yours?

Enjoy the harvest, Amy & Segue



Our Best Guess for what's in your Share:  
tomatoes, summer squash, zucchini, beets, red cabbage, onions, basil, watermelon and

**Sweet Italian Peppers:** You've been getting a few of these peppers in your box already, but now the harvest has really come on. We grow a long tapered sweet red pepper called "Italia" which has a great flavor. It is great for cooking, eating raw, or freezing for winter.

**Okra:** succulent and mellow, with subtle suggestions of eggplant, artichoke and asparagus, but slightly slimy. Everyone will get some over the next two weeks.  
**(PYO--2 quarts green beans, unlimited cherry tomatoes, herbs, flowers!)**

Coming Up!

Eggplant and the edamame soybeans will finally be ready--I promise!!

What's For Dinner: Spaghetti w/ Zucchini & Peppers  
from "The New Mayo Clinic Cookbook"

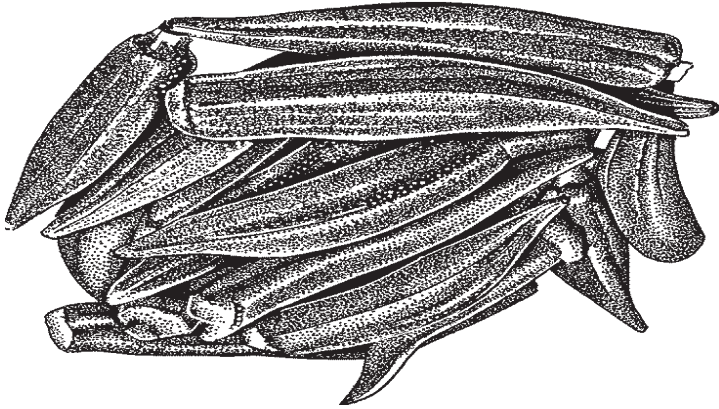
1 slice day old whole grain bread  
2 1/2 T olive oil  
4 cloves garlic, thinly sliced  
1 1/2 T finely chopped walnuts  
1/4 cup chopped basil  
1 tsp salt  
4 medium tomatoes, diced  
1 yellow squash, cut into 2 inch julienne  
1 zucchini cut into 2 inch julienne  
1 cup shredded carrot  
1 small red pepper, cut into julienne  
1/2 tsp freshly ground pepper  
1/2 lb whole-wheat spaghetti

In a blender or food processor, process the bread to make fine crumbs. In a large nonstick frying pan, heat 1 1/2 tsp of the olive oil over medium heat. Add the sliced garlic and saute until lightly golden, about 1 minute. Stir in the bread crumbs and cook until lightly browned and crunchy, 3-4 minutes. Transfer to a bowl and stir in basil, walnuts, and 1/2 tsp of the salt; set aside. Add the remaining 2 T oil to the pan and heat over medium heat. Add the peppers, zucchini and squash and carrot and saute until the vegetables are tender-crisp, about 5 minutes. Add the tomatoes and cook till soft and juicy. Stir in the remaining salt and pepper. Fill a large pot and bring water to boil. Add the spaghetti and cook al dente, about 10-12 minutes. Drain the pasta thoroughly. In a serving bowl, combine the spaghetti, vegetables and bread crumb mixture. Toss gently to mix. Serve immediately. Makes 4 servings.

## More Dinner Ideas....

**Okra & Corn & Tomatoes** from Farm Fresh Recipes  
1/4 cup olive oil  
1 large onion, thinly sliced  
2 bay leaves  
1/2 tsp each dried thyme, red pepper flakes, and basil  
1 pepper, diced  
3 large ripe tomatoes, seeded and chopped  
2 cups okra, whole or sliced  
1/2 cup water  
3/4 tsp salt  
1/4 tsp black pepper  
kernels from 4 ears of corn (about 2 cups)

In heavy skillet over medium high, heat oil and add onions, bay leaves, thyme, red pepper flakes, and basil. Cook and stir until onions are limp. Add pepper, cook until onions are translucent. Add tomatoes, okra, water, and salt and pepper. Reduce heat, and simmer uncovered 15 minutes. Add corn and cook 5 minutes. Serve hot.



### Gazpacho with Crumbled Feta Cheese

from "The Flexitarian Table"

2 pounds tomatoes, peeled, seeded, and chopped  
2 cups tomato juice  
2 T olive oil  
1 cup diced cucumber  
1 cup diced red pepper  
1/4 cup diced onion  
2-3 T chopped mixed fresh herbs, such as basil, dill, cilantro  
1 jalapeno, ribs removed, seeded and finely chopped  
1 large garlic clove, minced  
2 tsp ground cumin  
1 T balsamic vinegar  
salt and pepper to taste  
fresh lemon or lime juice to taste  
1/2 cup crumbled feta cheese, for serving

In a blender, combine the tomatoes with the tomato juice and olive oil, and puree. Transfer to a bowl and stir in the remaining ingredients (except the feta). Refrigerate until cold. Serve the gazpacho garnished with crumbled feta cheese and a nice warm loaf of bread!



### Tomato-Mozarella Salad (from Farm Fresh Recipes)

1 sweet onion, thinly sliced  
4 large tomatoes, sliced thick  
1/2 lb mozzarella, thinly sliced  
1/4 cup chopped fresh basil  
3 cloves garlic minced  
salt and pepper to taste  
2 T olive oil  
2 tsp red wine vinegar

Place a layer of onion on serving dish. Add layer of tomatoes and layer of mozzarella. Sprinkle with basil, garlic, salt and pepper. Drizzle with a little oil and vinegar. Repeat layers until all ingredients are used. Serve at room temperature.

### Mark Your Calendars!!

- \* **August 11**, 9-Noon, Volunteer work day; help us get the farm cleaned up for an important farm tour!
- \* **August 17**, 9-Noon, University of Illinois Sustainable Agriculture Tour exploring the topic of "starting a farm from scratch." Lunch follows. Please contact Amy if you would like to attend.
- \* **August 18**, 5PM, our tomato fest! Bring your favorite tomato dish to share along with plates, utensils and chairs. Amy will demonstrate briefly how to save heirloom tomato seeds. Some fun tomato activity is bound to be served up!!

