



Where The Land, Food, and People Come Together!

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Distribution Week #13

Field Walk...

It's a heat wave! And our brains turn to mush! What is exciting about the farm when by 8 AM you are soaked in sweat, covered in a fine layer of dust, and the tractor sinks into powdery soil because it is so dry? The only news is of the mundane variety: weed, water, harvest, weed, water, harvest--did I mention WATER? I love the optimism and inevitability of farming. Someday it is going to cool down. Someday it is going to rain. We'll just keep slugging along till it does....

Enjoy the harvest, Amy & Segue



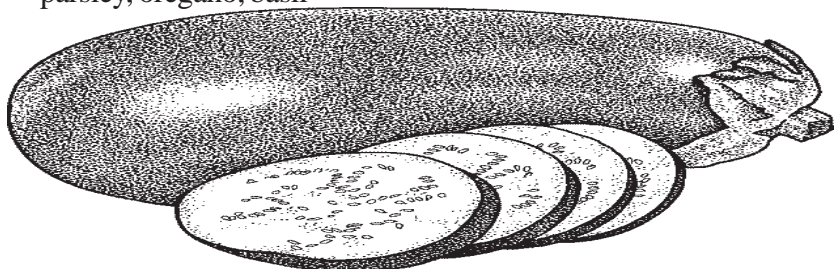
http://groups.yahoo.com/group/3Rivers_CSA

This is the web address for a Yahoo Group that Christy Wells of St. Louis has started for the farm. On this site you can post your favorite recipes, share stories about the veggies, etc.,etc. Thanks Christy for this great idea!

What's For Dinner: Ratatouille

- 2 T olive oil
- 1 medium onion, chopped
- 2 peppers, diced
- 1 medium zucchini or squash, cubed
- 1 eggplant, cubed
- 3 tomatoes, chopped
- 1 clove of garlic
- parsley, oregano, basil

Saute the onion, garlic, and pepper in olive oil until soft; stir in eggplant and squash; add tomatoes and seasoning; cover and simmer for about 30 minutes. Voila!! Serves six.



Our Best Guess for what's in your Share: tomatoes, zucchini, onions, watermelon, peppers, and

Eggplant: Our first harvest is finally here! We grow a variety of eggplants--Asian, which are long and narrow and the more traditional oval shaped eggplant. Treat eggplant like meat, if you are not sure how to prepare it: just paint it in olive oil and grill for a delicious sandwich.

Edible Soybeans: If you have never had these little green gems, YOU MUST try them this week. Soybeans are not just for tofu anymore. We harvest the entire plant, you just pick off the pods. Preparation is described below.

(PYO--2 quarts green beans, unlimited cherry tomatoes, herbs, flowers!)

What's For Dinner: How to Prepare Fresh Soybeans from "Asparagus to Zucchini"

1. Rinse pods well. Drop into a large pot of boiling water. Return to a boil over highest heat. Boil until beans are just tender and have lost their raw taste, 3-5 minutes.
2. Drain and cool slightly under running water; drain again. Sprinkle generously with salt.
3. Serve a warm platterful and let guests pop the beans from the pods to nibble like salted nuts. Alternately shell the beans and add them to salads, rice, or couscous. Or put together a summery saute to brighten grilled veggies, poultry or fish: cook the prepared beans in butter with corn kernels, then add fresh tomato diced, zucchini, and heat through.



Volunteer Work Day! This Saturday, August 11, from 7AM to Noon (or until it is too hot!).

If you have wanted to volunteer on the farm, but haven't had the chance--this is your opportunity! We need a lot of hands to help us clean up the farm for a U. of Illinois Sustainable Ag. tour. If you own a **weed wacker**, please bring it and help us mow under our deer fence! Otherwise many weeding and clean up projects **NEED YOU!**