



Where The Land, Food, and People Come Together!

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Distribution Week #12

Field Walk...

Well, it appears that it is spring all over again. We have picked up more than 4 inches of rain in the last two weeks and this morning, hoping to seed spinach, bok choy, lettuce, we woke up to dark skies and another .25 inch of rain. Just like the spring, all the broccoli, kale, collards and cabbage that we planted in early July look like they have been taken over by a sod farm--it has just been too wet to cultivate with the tractor!! We continue to plug along weeding by hand--the brussel sprouts are set and so are the rutabagas(sorry about that!).

We sound like a broken record this year--different challenges around every corner: from being sold old chickens, to deer problems, to bacterial diseases in tomatoes and peppers, to lost canteloupes and zucchini, a cabbage worm and colorado potato beetle explosion, high gas prices, and now a break-in at the farm with someone stealing our \$300 fence energizer (why our fence energizer??). It seems the powers to be are trying to teach us something--humility? perseverance? determination? sanity in the midst of insanity? We know that we are in it for the long haul, but year 2 will definitely be remembered as the year where everything unraveled and yet the soil continued to cushion the blows with beautiful carrots, tasty watermelons, tender green beans, gigantic garlic, buckets of onions, and butterflies feasting on zinnias!

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 continuing with this great idea!

2nd Annual Tomato Fest

When: August 9th, 5 PM

Where: the farm, of course!

What: please bring a dish to share (tomato or otherwise--peach pies are always welcome!!)

How: help us decide what tomatoes to grow for next year with a taste-testing extravaganza!

We will also demonstrate briefly how to save heirloom tomato seeds. Feel free to bring any other fun activities--maybe a badminton set using the deer fence; croquet through the cherry tomatoes?? Hope to see you there!!

Our Best Guess for what's in your Share:

carrots, tomatoes, peppers, cukes or zukes, onions, &

Watermelon: Our first harvest is finally here! The variety you will be receiving this week is called "Sugar Baby", a small watermelon that weighs between 3-5 pounds. It is the sweetest watermelon we grow! Hopefully, we will have watermelons for the next 6-8 weeks!

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.**

Garlic: We've teased you long enough! Our garlic is big, beautiful and delicious. It will store in a cool, dry place for as long as necessary. Enjoy!
(PYO--2 quarts green beans, 2 quarts 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! Next Saturday, August 16th, 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! Help us weed all the fall crops--turnips, broccoli, collards, kale, sweet potatoes--there's so many!! Many weeding and clean up projects NEED YOU!