



Where The Land, Food, and People Come Together!

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Distribution Week #14

Field Walk...

So, which has been your favorite watermelon?? Entering our third week of melons, we have been able to offer four different varieties. The first week everyone received a red-fleshed watermelon called "Little Baby Flower." It's a funny name for such an intensely sweet little melon and it has been our favorite so far, but maybe only because it was the first melon of the season!! Last week we doled out our yellow-fleshed watermelons called "Yellow Doll." Many members were surprised by the yellow-flesh and equally surprised by its sweetness. This week we revert back to the traditional red-flesh: "Crimson Sweet" and "Starlight." Compare these varieties to week's past and let us know which one was your favorite...

We get many suspicious glances at the watermelons during farm pick up and at the farmer's market. Some people try to smell the melon or knock on the rind. They all want to know, is it ripe?? We harvest all our melons ripe and ready to eat. There are several indicators that a melon is ripe out in the field, but the first one we check involves the plant, not the melon. Every watermelon, where it attaches to the plant, has a curly cue spiking out from the stem. Once that curly cue is brown, shriveled, dead, then odds are good that the melon is ripe. Secondly, you can tap on the melon rind and listen for that important twang; the sound that the melon could burst at any second if tapped much harder. You can also check to see if the melon has a yellow spot--that indicates the melon has been sitting on the ground long enough and therefore, the underside is lighter. Finally, and the most obvious recommendation is to just cut one open. Or two, or three and taste for yourself. (If the melon cracks when barely touched with a knife, then you know your melon is very, very ripe!) This is our favorite method. We've found ourselves doing a lot of testing around 10:30 in the morning. Hey, we have to be sure, right?

Enjoy the harvest, Amy & Segue



Our Best Guess for what's in your Share:
tomatoes, carrots, onions, garlic, sweet peppers, watermelon, cherry tomatoes or green beans (in St. Louis box), edamame soy beans, basil.



What's For Dinner: Basic Blender Italian Tomato Sauce
from "Asparagus to Zucchini"

tomatoes
small amount of basil, dried or fresh
a large amount of oregano, dried or fresh
minced garlic cloves
1-2 carrots, finely chopped
salt and pepper
olive oil

In Italy, no one follows a recipe for tomato sauce, so use your imagination for quantities. A couple of guidelines: Do not underestimate the amount of garlic; when in doubt, put in lots. Also, carrots are often the sweetener in Italian tomato sauce. Blend or process the tomatoes to an almost pureed texture. Gradually add herbs, garlic, and carrots. Slowly cook the mixture in a deep skillet (cast-iron is best). When sauce has reduced about halfway to the texture you want, add salt and pepper. Add several tablespoons of olive oil before reheating or serving. Makes any quantity. Can be served immediately, stored in refrigerator for several days, or put into a storage container and frozen for a special winter treat!!