



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

August 26, 2007

Distribution Week #16

Field Walk...

The landscape of the farm changes on a daily basis this time of year. A volunteer last week came out to the farm on a Tuesday morning and again Wednesday morning and asked "The field didn't look like that yesterday did it?" In an afternoon, we mowed down old beds, plowed the soil, broadcasted a cover crop over the newly turned soil, disced it in and officially put it to rest for the next seven months or so. By cover cropping, we protect the soil from winter rains, wind and minimize erosion. The grass and legume mixture keeps the soil in place, keeps nutrients in place and even adds biomass back to the soil when it is cut down or dies. There is also the added benefit of fixing nitrogen if you use a legume, like peas, vetch, or clover. We have had the back six acres in a nice clover cover that have been building roots, breaking up the more clay sections, adding loads of biomass back to the soil (as we have cut it down three times over the season) and adding some nitrogen as well. If it is a successful sowing, clover can add as much as 100-110 lbs. of nitrogen per acre each season.

Segue and I get a little excited thinking about that area of the farm. We will be tilling part of that back six this week and seeding it in oats and peas, which will make it ready to go for next spring's plantings. And we are going to be putting our heavy hitters there--crops that need a lot of fertility--potatoes, spinach, cabbage, tomatoes, peppers, and eggplant. At the same time, we will take a part of the current six acres we farm and put it out to pasture for two years; allowing it to have its own clover rejuvenation. This cycle of work and rest is something that humans know all too well. And our soils, being a living substance, need a periodic rest. Our hope is that with a little fence maneuvering now and then and a lot of care, they will remain fertile and productive long past our time tending them.

Enjoy the harvest, Amy & Segue

Our Best Guess for what's in your Share:
bok choy, radishes, onions, garlic, tomatoes, eggplant, watermelons?? and...

Acorn Squash: We distribute squash in the reverse order in which they keep (meaning, the squashes that don't store as well, we distribute first). *All squashes can be used the same way*--slice in half, scoop out seeds, place face down on a baking sheet with a little oil, and bake at 350 degrees until the squash is soft. You can then use them as a side dish, in soups, in bread or pancakes, or stuff them for a main course. We will have them off and on through November.

Pick-Your-Own: cherry tomatoes, green beans, herbs and flowers.

What's next? salad mix should be ready, leeks and potatoes make a return!



What's For Dinner: Stuffed Acorn Squash
from "Asparagus to Zucchini"

1 acorn squash
1 small onion, chopped
2 T oil
1 cup diced celery
1 bunch of bok choy or spinach, coarsely chopped
1/2-1 cup whole wheat bread crumbs
1/2 tsp salt

Preheat oven to 350 degrees. Halve squash; remove seeds. Place face down in a greased baking dish; bake until fork-tender, 25-45 minutes. Meanwhile, saute onion in oil until soft. Add celery; cover and simmer on medium heat until just tender. Stir in bok choy or spinach; cook until wilted. Stuff squashes with vegetable mixture. Sprinkle with bread crumbs and salt. Bake 10-15 minutes. Makes 2-4 servings.