



"Where the Land, Food
and People Come Together"

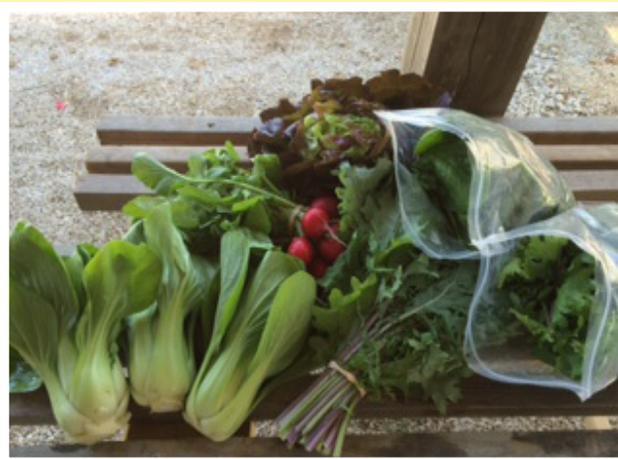
Hello from Three Rivers Community Farm!

5.19.15

The CSA Season Is Underway!

Harvest Update

We hope that all of you enjoyed your first harvest from the farm and if this is your first pick-up of the season, welcome! We have been working diligently since the first week of February when we sowed our first seeds in the greenhouse, and like maniacs the last month to keep up with our planting schedule, weeding, and now harvests! If you see us at the farm or farmer's markets and we look a little bedraggled and like we



haven't showered in a week, you wouldn't be too far-fetched. This time of year, Segue and I push ourselves to the point where Cardinal's Matt Carpenter's chronic fatigue syndrome just looks like he's in need of a good nap and can't compare to how we feel Saturday afternoon at 2 PM. If we are working this hard though, it's a good thing! That means there are crops to take care of and lots of big harvests underway; there are thousands of tomato plants to trellis and thousands of strawberries to pick; three-quarters of an acre of potatoes to hill and two hundred pounds of spinach to cut; and miles and

miles of row covers to reattach (after last Friday's big thunderstorm) before we sleep! Hard work in May and June means we are setting the farm up for a great summer and fall season. So next time you see us, congratulate us on our greasy hair and bags-under-the-

eyes! What you are really saying is “The farm must be doing great!”

In your share this week: 1 pound bok choy, 1 bunch lacinato kale, 1/2 - 3/4 pound spinach, 1/2 pound salad mix, 2 heads lettuce, 1 bunch of radishes, and 1 bunch of turnips. The strawberries are just starting to ripen and might slow down with the cool, rainy weather this week. But, we are harvesting what is out there and passing them along to you as much as we can!



What to do with all this produce? We have a recipe service for that now! Below are recipes featuring the more difficult items in your share: bok choy, kale, radishes, and turnips. We also encourage you to establish an account on the Local Thyme Menu site by following the directions below...it's free for all our members! There is an abundance of information, recipes, storage tips and more to utilize on this site. We hope this will help you make the most of your CSA experience.

Enjoy the harvest!

Amy, Segue, Diego, and Lydia
and our hard working crew: Rachelle, Nora, and John

Create Your Local Thyme Account

- Go to www.localthyme.net/register
- Enter the farm code 3RIVFREELT under "I belong to a CSA"
- Click the sign-up button
- Choose our farm and click the sign up button
- Fill in the form with your user name, email address and password
- Click "I Agree" to the terms (this can be easy to miss on small screens like cell phones and tablets)
- Click "register my account"
- Click 'Subscribe' on the next page
- You should see the our farm's logo in the center of the page and a welcome message. Click Home and you should now see a navigation bar that says Home, Week's Plan, Recipes, Veggie Guide, Resources, Support. If you don't see these, please contact pat@localthyme.com with the name of our farm and your pick up day and she will fix your account.



Local Thyme Recipes

Chef Patricia Mulvey will provide you with recipes for your weekly CSA box. In addition to recipes, she is providing helpful storage and preservation tips for your vegetables.

Be sure to create your free account by following the above instructions to have access to all the benefits of Chef Patricia's website!

Enjoy the Spring!

*Your Farmers,
Amy, Segue, Diego, Lydia,
and our hardworking crew: Nora, John and Rachelle*



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