



"Where the Land, Food
and People Come Together"

Hello from Three Rivers Community Farm!

5.26.15

The CSA Season Is Underway!

Harvest Update

There is a saying amongst farmers: "If you want it to rain, start irrigating!" Well, it appears, by the forecast this week, that the pricey irrigation system we installed a few weeks ago will be making it rain for all farms in our area for the next ten days or so. This is so classic: install an irrigation system and then watch as you don't use it the rest of the season!

Normally, we wouldn't mind so much rain, but we have loads of strawberries in the field and they do not like to get wet! We will do our best to harvest them and get them out of the field, but no guarantees. If it rains day after day, there is nothing we can do to keep them from rotting out in the field. Keep your fingers crossed that most of the storms miss us.

In your share this week: 1/2 pound spinach (the last harvest for this spring), either head lettuce or salad mix, 1 bunch lacinato kale, 1 bunch swiss chard, 1 bunch turnips, 1 bunch scallions, 2-3 kohlrabi, and hopefully, 2 pints of strawberries!

Kohlrabi and Swiss chard might be new vegetables to some of you. Please click on the link under the Local Thyme recipe section at the end of this newsletter and it will take you directly to some great recipes for these items ("Kohlrabi Fries" for example) as well as spinach and strawberries (not that you need a recipe for farm-fresh strawberries!). Not only are there recipes for the highlighted vegetables, but a "kitchen sink" recipe that

uses almost all the produce in your share; as well as photos for the vegetables and storage tips. We have heard great comments on how helpful this has been from many of you. We are really excited if this helps everyone use all the produce in their box. No veggie guilt!

Enjoy the harvest!

Amy, Segue, Diego, and Lydia

and our hard working crew: Rachelle, Nora, and John

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Life on the Farm



Diego having fun trying to capture the white cabbage moth. He's trying to help us keep worms out of the broccoli!



Nora and Amy harvesting kale. We harvested 300 bunches last week alone!



Your head lettuce and Swiss chard growing in the field!

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*

