



*“Where the Land, Food
and People Come Together”*

Hello from Three Rivers Community Farm!

6.1.15

The CSA Season Is Underway!

Harvest News

Dear CSA Member,

We are entering one of many transitions that occur during the lengthy six and a half month long CSA season. Cool weather crops like spinach, salad mix, and radishes are done. However, the more heat-loving crops like zucchini, summer squash, and cucumbers aren't quite yielding enough for us to offer them to everyone. And some real crowd pleasers like sugar snap peas, beets, and cabbage are very close, but need just another week or two.

There will be another transition from late spring into full on summer; and then another one from late summer into fall. These transitions sometimes lead to an odd-ball grouping of produce. Our classic late summer into fall always has a watermelon mixed with a winter squash, for example. This week it is one last round of serious greens with a final go of turnips and kohlrabi. I have to keep reminding myself that this is only June 1st! We really shouldn't be expecting large quantities of zucchini or summer squash yet. Trust me, those weeks will be here soon. And then it will be what to do with all that squash! Till then, enjoy some of these lesser known vegetables. It is a real opportunity to try produce that you would never find in a grocery store and make them new family favorites.

Kohlrabi is a great example of a vegetable that needs a marketing overhaul. The name, the foreign appearance, and the tough outer rind don't aid in its cause. However, after peeling the rind (it's actually not as thick as it appears) and cutting it into carrot-size

sticks, renaming it broccoli sticks, and serving it with our favorite veggie dip (hummus in our family), it is now a go to snack vegetable. I always have one cut up and in a storage container in our fridge. Kohlrabi goes both ways; easy snack for the kiddos or you can find our kohlrabi at Niche Restaurant in St. Louis where it has been served in their main entrée for weeks now.

In your share this week is:

- 1 bunch Swiss chard
- 2 heads lettuce
- 2 kohlrabi
- 1.5 pounds of loose turnips
- Broccoli
- 1 bunch scallions
- 1 pint of strawberries

You may find a small sample of summer squash, zucchini or cucumbers as a special surprise in your share if we have enough for everyone.

Enjoy the harvest!

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

Life on the Farm



Our crew hard at work harvesting radishes!



Blooming sugar snap peas should be ready soon!

Life on the Farm (continued)



Blooming potatoes will be ready to harvest soon for you to enjoy!



Beautiful blooms that will soon be summer squash

Last Reminder to 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 Harvest!

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



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