



Where The Land, Food, and People Come Together!

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Field Walk....

This summer was HOT! Infact, the second hottest on record and not only for us but for farmers from the Midwest to the Northeast. Usually I can't commiserate with my farmer friends back in Massachusettes (they say it's hot when it is 88 degrees!), but we can all look back at the summer of 2010 as one that tested our stamina, our focus and our sweat glands.

The farm had been pleasantly rolling along a bountiful spring harvest way back in June. Then July hit and when we were supposed to be seeding and weeding beds of carrots and beets (too hot to germinate), planting and watering Fall broccoli, cabbage and kale (we did--but they still sat there, refusing to grow until it cooled down), harvesting quarts upon quarts of green beans (the flowers just burnt up!)--well, we were doing all those things day after day, week after week (when one planting didn't work, we tried again 10 days later) in a perpetual slog of sweat and red faces.

Those days seem like distant memories already. Just give us a few days in the low eighties and we feel reborn. Unfortunately, the crops can't catch up that quickly. The kale, broccoli, and cabbage look good considering they didn't grow for the first month of their existence, but they still need another month. All the carrots and beets we couldn't get to take? We have some beautiful beds now that germinated with the cooler weather, but a carrot and beet need about 55 days till harvest. Remember the never-ending spring spinach? Every planting of our fall spinach and swiss chard has been eaten at soil level by a farmer's worst nightmare--armyworms! Even the fastest things to grow--salad mix, bok choy, radishes--things we seeded in mid-August when the heat seemed to break--need 30-35 days. They are on there way hopefully!

Organic vegetable farming presents so many challenges and variables, but with only ten weeks left to go, there are just 14 more beds to plant and then worry about out of the 407 total!! It's just another try for spinach, and more lettuce, salad mix, radishes and turnips. Everything else is in, is weeded, and is growing. Now it's time to clean up, rip up, till up and put the farm away. All the tomato stakes must be lifted; the drip tape rolled up; old fields tilled and put into a fall cover crop of oats and peas. It's time to start day dreaming about our long winter nap and time to allow the ground its rest too.

Enjoy the harvest, Amy, Segue, Diego, Leslie & Liberty



Fall crops are looking delicious: broccoli, collards, and kale will be ready by early October!!



Sweet potato pie anyone??



What a great watermelon year it has been!

Winter Squash Varieties

Acorn Squash: are mildly sweet and have orange flesh with green-black skin. They are acorn shaped with distinctive heavy ribbing.

Delicata Squash: are oblong and cream-colored with dark green stripes and flecks along their length. Their highly sweet flavor makes them good for baking and also for stuffing. **The thin skin of delicata is often tender enough to eat!**

Butternut Squash: have tan skin and a shape reminiscent of a peanut. They have bright orange flesh and are sweet and moist. Without anyone knowing the difference, butternut squash can be substituted for part or all of a pumpkin in a pumpkin pie recipe

September Vegetables

Storage

To store sweet potatoes: keep the unwashed spuds in a cool, dark place, such as a loosely closed paper bag in a cupboard or cool basement, and use within a few months. **Do not store in the refrigerator!!**

To store winter squash: store in a cool, dry, dark place with good ventilation. A porch or garage can work well as long as you don't let them freeze. They should keep for a month or more!

Other Fall Vegetables

Collards: have large, smooth, paddle-shaped leaves. **They contain almost as much calcium as milk.** Season collards with vinegar, hot pepper sauce, garlic, onions, chile peppers, or lemon.

Kale: we have three different varieties this fall: green-curly, red-curly, and an oblong, blue-green leafed variety called lacinato.

Broccoli & Cauliflower: you've waited all season for these two--we hope they are good crops, but their development is dependent on cooler temps and a good amount of rain. Let's keep our fingers crossed!

Sweet potatoes: we've kept these weeded all year, and should have a fantastic crop!

Other crops on the Fall menu include: spinach, swiss chard, cabbage, green onions, bok choy, radishes, baby turnips, salad mix, lettuce, beets, and carrots.

Black Bean Sweet Potato Burritos from Simply in Season by Mary Beth Lind

3 cups sweet potatoes
1/2 onion
2 cups cooked black beans
1 tsp ground cumin
3/4 tsp cinnamon
1/2 tsp salt
8 flour tortillas
1 1/2 cups cheddar cheese

Saute in a large frypan in 1 T oil peeled and diced sweet potatoes with chopped onion. Add water or apple juice as needed to prevent sticking. Add black beans and spices and cook until heated through. Then divide bean mixture and shredded cheese among the tortillas and roll up. (Soften tortillas by heating in microwave or in oven). Place in a 9 x 13 inch baking pan. Lightly spray with olive oil if desired. Cover pan with foil and bake at 350 degrees for 20-25 minutes. Garnish with sour cream, salsa and fresh cilantro.

Butternut Sage Orzo from Simply in Season by Mary Beth Lind

1 cup onion chopped
1 clove garlic minced
4 cups butternut squash peeled, seeded, cut into 1/2 inch pieces.
1/2 cup vegetable or chicken broth
1/2 cup white wine or additional broth
4 cups water or broth
1 cup orzo pasta
1/2 cup Parmesan cheese
2 T fresh sage or 1 1/2 tsp dried

In large pan saute over medium heat in 1 T oil until tender, about 6 minutes. Add and saute garlic, about 1 minute. Add squash and stir to coat. Then add and simmer 1/2 cup broth and wine until squash is almost tender and liquid is absorbed, about 10 minutes. While squash cooks bring 4 cups water to a boil in a large saucepan and add orzo. Boil until tender but still firm, about 8 minutes. Drain and transfer to a large bowl. Stir in squash mixture. Add the parmesan and sage to season along with salt and pepper to taste. Serves 4.

Red Lentil Curry from Simply in Season by Mary Beth Lind

1 large onion
1 T garlic minced
1 T ginger root, grated
2 tsp curry powder
1/2 tsp tumeric, cumin, pepper
1/4 tsp red pepper flakes
1/4 tsp cinnamon
2-3 bay leaves
1 can coconut milk
1/4 cup soy sauce
1 cup tomato sauce
2 cups dried red lentils
5 cups water
1 medium head cauliflower
1 sweet potato
1/4 head cabbage
1-2 cups peas (optional)

In large soup pot saute chopped onion in 1 T oil over heat until transparent. Add garlic and spices and reduce heat to medium-low. Cook and stir constantly for 3 minutes; do not let spices or onion burn. Then add coconut milk, soy sauce and tomato sauce and simmer on low heat for 20 minutes, stirring often.

In a separate saucepan cook lentils in 5 cups of water for 15 minutes. Add, with liquid, to soup pot.

Finally add chopped cauliflower, sweet potato, cabbage and peas to soup pot and cook over medium heat until just tender. Serve over brown rice and include Indian chutneys, fresh diced pears, roasted sunflower seeds, and plain yogurts as sides or garnishes.

Winter Squash Bars from Simply in Season by Mary Beth Lind

2 cups cooked, pureed winter squash
1 1/2 cups sugar
3/4 cup oil
4 eggs
1 tsp vanilla
1/2 tsp salt
Beat together in a mixing bowl

1 cup all purpose flour
1 cup whole wheat flour
2 tsp baking powder
1 tsp ground cinnamon

Mix in. Pour into lightly greased 9x13 baking pan. Bake in preheated oven at 350 degrees for 25-30 minutes. These bars freeze well.