



Where The Land, Food, and People Come Together!

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Field Walk....

We are in the summer groove: harvest carrots, then eggplants and peppers, then cucumbers and yellow squash, finally tomatoes and melons. You help us by harvesting green beans, cherry tomatoes, basil, dill and cilantro! We've also done many large harvests: thanks to all for helping us bring in our garlic. We harvested 600 pounds of garlic that steamy July day (one of the few warm days the whole month!) and it is curing in the barn. We will start gradually giving it out this month--so the wait is almost over. Our onion harvest was a bit of a wash--the red onions are beautiful and holding well in the greenhouse; however, we lost a lot of the summer onions due to moisture rot. Next year, we plan to mulch this variety with straw to help keep the weeds down and the moisture away from the bulbs. And who can imagine harvesting winter squash in July, but we've already brought in several hundred pounds of acorn, red kabocha, and delicata squash. They are hanging out in the barn, getting sweeter as the starches turn to sugars, and waiting for that just perfect week.

In July, if we weren't harvesting, then we were likely planting and seeding our fall crops: all the broccoli, cauliflower, cabbage, kale, and collards were planted in the middle of the month (brussel sprouts have been in the ground since mid-June and look great!). These crops have been blessed with good rain and we are keeping up with cultivation, so they look beautiful. We've continued our direct seeding of beets and carrots, with the end goal of a continuous supply of both the whole season--I think we will make it with the carrots but we will have to wait a few weeks for more beets. Finally, we got overly excited by the cooler temperatures in July, and even seeded a few beds of salad mix and two beds of spinach. They both germinated textbook perfect, and if the temperatures remain mild, we could have both by the middle to end of this month!

Overall it has been a great growing season--not too hot, not too wet, not too dry, and just a little cool. Of course, nothing is perfect: our tomatoes have been ravished by early blight, once again, and it looks like our peppers will be a below average yielding crop. But with a CSA you take the good with the bad: the weeks of unlimited cucumbers, eggplant, and cherry tomatoes, with the less-than-bumper crop of tomatoes.

This month will also bring about our best harvest! Our baby is due any day now and we can't wait to introduce him to you all. Yes, the farm will still be open, vegetables don't take a maternity leave! Segue, Beth, and Caleb will run the show while I figure out how to take care of this new, little crop. The farm will be crazy for a week or two as we adjust, but thanks in advance for your patience, your offers to help, and your excitement and love for our newest farm member! We can't wait to show him off, surround him with produce, take a stroll down to the pigs, and wash a few carrots while he's napping!!

Enjoy the harvest, Amy, Segue, Beth & Caleb

Garlic Harvest 2009



All About Eggplant

Oriental-type eggplant are slim, tapered, or pointed elongated fruits. They are dependably mild, tender-skinned, and small seeded. They are lavender, dark violet, inky purple, and white. They are easily sliced like a cucumber, or cut into long planks, good for grilling

Italian-type eggplant are the typically dark, pear-shaped or bell-shaped fruits we are most familiar with. We grow a dark variety called "Nadia" as well as a light purple variety, "Dancer" and a beautifully striped variety, "Fairy Tale."

Cooking all varieties of eggplant, unfortunately, changes the hues and textures drastically--changes from looking like the garden of Eden to compost heap!

Eggplant Gratin from *Local Flavors* by Deborah Madison Serves 6

2 pounds of eggplant
salt and pepper to taste
1/4 cup olive oil
1 large onion, sliced
4 large eggs
1 cup milk or light cream
1 cup grated Parmesan
1 T balsamic vinegar
10 large basil leaves, chopped
Preheat oven to 350. Lightly oil baking dish. Cut the eggplant into round slabs, 1/2 inch thick. Heat 1 T oil in skillet, add onions and saute. While the onions are cooking, beat the eggs with milk, stir in cheese, vinegar, 3/4 tsp salt and pepper. Now, with onions and basil, saute eggplant pieces until golden brown, about 20 minutes. Finally put eggplant mixture in dish and pour the custard over the top. Bake until golden, firm and puffed, 30-40 minutes. Enjoy!

Eggplant did not originate in Italy; rather it originates from Indonesia, Burma, and China. Eggplant came to North America in the 16th century, but the American colonies first grew them as ornamentals, not for consumption, and looked like eggs--hence the name. There are over 40 different varieties of eggplant--we grow only 6 of them!

Mediterranean Salad from Farm Fresh Recipes

2 tomatoes cut in wedges
2 small cucumbers, sliced
1 small red onion, sliced
1/3 cup olive oil
1/4 cup red wine vinegar
1 T lemon juice
dried oregano, to taste
salt and black pepper to taste
1/2 cup kalamata olives
1/2 cup crumbled feta cheese
anchovy fillets (optional)

Place tomatoes, cucumbers, and onions in bowl. Whisk together olive oil, vinegar, lemon juice, oregano, salt and pepper. Add to vegetables and mix, coating well. Top with olives and feta cheese. If desired, add anchovies. Serve.

Eggplant Italian Sausage Ste: from Asparagus to Zucchini

3 T olive oil, divided
2 Lbs. Italian sausage links
1 large onion, cut into chunks
2 T minced garlic
2 tsp oregano
2 pounds eggplant, cut into chunks
3 pounds tomatoes, peeled and quartered
1 1/2 cups dry red wine
1 1/2 tsp fennel seeds
2 bay leaves
salt and pepper to taste
freshly grated Parmesan cheese

Heat olive oil in skillet over high heat, add sausage, and brown well. Reduce heat to low, continue cooking sausages, turning occasionally, 15 minutes. Drain well.

Heat remaining oil in large pot over medium heat. Add onions, garlic, and oregano; cook until translucent. Raise heat to medium, add eggplant, and cook until begins to color, 5-10 minutes. Stir in tomatoes, wine, fennel, and bay leaves. Simmer 30 minutes. Cut sausage into chunks, add to stew. Simmer 10 minutes longer. Season with salt, pepper, and parmesan.



Banana Pudding Pie (with Cantaloupe and Yellow Squash PUree): from Deceptively Delicious by Jessica Seinfeld

*this is a great way to use a not very sweet cantaloupe

2 (3 ounce) packages instant banana pudding mix
1 1/2 cups cantaloupe puree
1/2 cup yellow squash puree
1/4 cup water
1 large banana, thinly sliced, plus one more for garnish
1 (9 inch) store bought graham cracker crust
1/2 pint fresh raspberries

For cantaloupe puree: scoop out seeds, cut melon off rind and puree in blender for 2 minutes
For yellow squash: cut into chunks and steam for 5 minutes. Blend smooth.

In a large bowl, combine the pudding mix, cantaloupe and squash purees, and water, and stir with a wooden spoon until smooth. Spread the banana slices in a single layer over the bottom of the piecrust. Pour the pudding mixture over the bananas and smooth the top. Cover and chill until firm, about 3 hours, or freeze for 1 1/2 hours. Just before serving, decorate with raspberries and banana slices. Delicious served frozen!!