



Where The Land, Food, and People Come Together!

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August 12, 2007

Distribution Week #14

Field Walk...

Okay, Segue and I have a confession to make. Yes, we love our work and are passionate about growing vegetables. We love the smell of the ground just plowed, the maniac pace of spring planting, a heavy, back-breaking cucumber harvest (we know--we haven't had one yet this year!), a warm, sweet watermelon first thing in the morning, and the feel of the first cool Fall wind. But these reasons aside, do you really want to know why we grow vegetables? To have friends! We are in and of ourselves rather uninteresting and a little shy. So, we give you tomatoes, zucchinis, spinach and you give us a "How are you guys doing?" invitations to dinners, jars of salsa and pickles, hugs, emails, and volunteer hours. Grow six acres of vegetables, acquire a hundred new friends! We love our job! And your friendship has been especially valued over the last two weeks. So many of you have expressed concern about us working in the heat and the lack of rain. You've offered thoughts, prayers, and rain dances on our behalf. And a few brave souls offered their time weeding on Saturday (not to mention everyone else who has volunteered in some capacity over the season). We debated for quite sometime last year whether our farm name should be "Three Rivers Farm" or "Three Rivers Community Farm." While "Three Rivers Farm" might hold up better to the Jerseyville Farm & Home test (what reaction will you get from a farm store employee when you say your farm name: aka, "Meadow Lily CSA" will elicit a different reaction than "Centennial Organic Farm"), we felt it important to include "community." If we focus on growing great food, community will grow too--and without much effort on our part. So here's to those impromptu dinners, recipes shared and offers of air conditioning. We'll keep the veggies coming, friends!

Enjoy the harvest, Amy & Segue



Our Best Guess for what's in your Share:
red cabbage, potatoes, carrots, onions, peppers,
zucchini, cucumbers, watermelons, soybeans, tomatoes

Coming Up!
Lettuce makes a return... and red onions.

What's For Dinner: Roasted Red Pepper Sauce from "Farm-Fresh Recipes"

4 sweet red peppers
2 cloves garlic
1-2 Tbsp olive oil

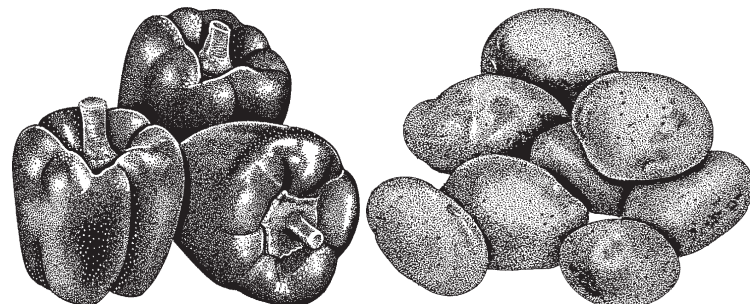
Wash and dry peppers. Grill over charcoal fire until skin blackens and blisters (or heat oven to 400 degrees and place peppers on baking sheet; bake 20-30 minutes, turning every 10 minutes so they will blister all around). Or use tongs and hold over gas flame. Wrap in kitchen towel or put in plastic bag and allow to cool to touch, at least 10 minutes. Peel off charred skin, remove stem and seed. Put peppers in food processor or blender, add garlic and 1 Tbsp olive oil. Puree. Add more garlic or oil to taste. Good as a dip or meat condiment.

What's For Dinner: Tomato-Potato Salad from "Farm-Fresh Recipes"

3 large tomatoes
1/2 cup chopped onions
1/4 cup cilantro
1 1/2 tsp ground cumin
1 tsp chopped garlic
salt and pepper to taste
1 1/2 lbs potatoes
1/2 cup nonfat plain yogurt

Mix tomatoes, onion, cilantro, cumin, garlic and salt and pepper.

Fold in potatoes and yogurt. Serve chilled or at room temperature.



Rosy Coleslaw with Apple and Onion

from "Asparagus to Zucchini"

- 4 cups shredded red cabbage
- 1/2 cup shredded or chopped carrot
- 4 T finely chopped onion
- 2 T fresh lemon juice
- 1 T maple syrup or sorghum syrup
- 1 T olive oil
- 1 large tart apple, peeled and finely chopped
- salt and pepper

Toss all ingredients except salt and pepper. Chill 30 minutes, season with salt and pepper, and serve. Makes 6 servings.



**Almost End-of-Summer, Back-to-School,
3 Rivers Tomato Fest!**

Saturday, August 18th, 5 PM

**Come join us on the farm for a
rotten-tomato-of-a-good time!**

**Bring a dish that will feed 5 people.
Also, chairs, plates, utensils...
(drinks will be provided).**

