



Where The Land, Food, and People Come Together!

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Distribution Week #13

Field Walk...

This week in your share you will be receiving hot peppers (no regular peppers this week). In Mexico, where Segue is from, hot peppers are part of daily cooking, almost always incorporated in salsas, soups, and just munched on as a side dish. Segue eats most meals with interrupted bites of chillis--one bite of chicken, then a bite of jalapeno, then a bite of rice, then another bite of jalapeno! I admire his ability to just bite into a hot pepper. Although my tolerance for heat has definitely increased since I've known him, I still can't bite right into a jalapeno! Capsaicin is the secret ingredient in hot peppers. It gives them their pungency and health too! Capsaicin battles respiratory diseases and is a good cancer preventative. *If you are still hesitant about cooking with hot peppers, just remove the seeds and inner ribs of the pepper--that is where the most heat resides and use small quantities!*

We grow a wide variety of hot peppers--jalapenos (round and about the size of your thumb), seranos (narrow and finger size--can be hot), banana peppers (long, narrow and yellow--a very mild pepper), cubanelles & giant green chilis (long, narrow and either green or red--mild heat, good for grilling), and poblanos (bell pepper shaped, but darker green--medium heat good for stuffing and grilling).

Just a quick word about all the peppers this year. They have been hit by a disease called "bacterial spot." We have never had problems with peppers, so we are learning about this disease. It is prevalent in wet years, but it can also come in on the seed itself (some recommend soaking seeds in a 10% bleach solution). There are varieties that are resistant (make a mental note for next year!) and we have a few of those plants that are doing okay. But sadly, most of our crop has been damaged. First the leaves become spotted, brown and yellow and fall off. Then it progresses onto the pepper itself with soft spots occurring. If you receive a less than perfect pepper, consider just chopping around the bad spot and using the rest of the pepper. It is very hard to inspect every single pepper we harvest for this spotting, so inevitably some will slip by. Thousands of pounds of produce pass through our hands during harvest and washing and it is our hope that everyone gets the perfect pepper or tomato. However, the reality is that you are bound to get a soft onion now and again. Our produce is not the perfect grocery store vegetable (where much produce is tossed and wasted because of their imperfections) that is tasteless. We hope this is one of the mindsets that our CSA can challenge. Too much is wasted in our society over imperfections; thankfully, we aren't tossed in the trash over a blemish here or there!

Enjoy the harvest, Amy & Segue

diseased pepper plant

healthy pepper plant



Our Best Guess for what's in your Share:
tomatoes, onions, garlic, soybeans, eggplant,
cilantro (*if you don't receive cilantro this week, you will next*)...

Yellow Watermelon: "Yellow Doll" is a yellow-fleshed variety of watermelon that is quite sweet. Average size is 4-5 lbs.

Hot Peppers: We grow many different varieties that are listed to the right. They can be used in salsa, grilled in strips, stuffed and baked with cheese, or added to cornbread!

(PYO--1 quart green beans, unlimited cherry tomatoes, herbs, flowers!)

What's For Dinner: Fresh Salsa
from "Asparagus to Zucchini"

- 1 small onion
 - 1/2 hot pepper (chopped fine & take out seeds to make less hot) or 1/2 regular pepper if you do not want spicy salsa**
 - small bunch of cilantro (optional)
 - 3 minced garlic cloves
 - 1 T honey
 - salt to taste
 - 1 3/4 pounds of tomatoes (peeled if desired)
- Process all ingredients except tomatoes in a food processor. Add tomatoes. Process again and it is ready to eat. Will keep in refrigerator for 1 week. Makes 2 cups.



Volunteer Work Day! This Saturday, August 16, from 7AM to Noon (or until it is too hot!).

If you have wanted to volunteer on the farm, but haven't had the chance--this is your opportunity! We need a lot of hands to help us weed many of the fall crops--turnips, broccoli, sweet potatoes--to name a few! **This will probably be the last work Saturday of the season!** Many weeding and clean up projects NEED YOU!