



Where The Land, Food, and People Come Together!

PO Box 185 Alton, IL 62002 22867 Chautauqua Rd. Elsah, IL 62028

www.threeriverscommunityfarm.com (618)374-9470

info@threeriverscommunityfarm.com

August 20, 2007

Distribution Week #15

Field Walk...

A 27 week CSA season is a roller coaster ride. There are ups (do you remember the early July harvests?) and there are lows (the week before that record early July harvest). For the next three weeks or so we will be in one of those dips. It is another transition time on the farm as we move from the summer crops to our fall harvests. The weekly shares will not be as abundant as in the past and some of you may get lettuce one week, the rest of you the next, as we stretch certain harvests over a couple weeks. The excessive temperatures and lack of rain fall is the factor. As well as some early ripening culprits, like all our tomatoes ready all at once. When temperatures sore over 95 degrees, the peppers, eggplants, and tomatoes, stop producing new peppers, eggplants and tomatoes (we've been feasting on the fruits set way back in early July!). The tomatoes, are sadly, almost over; in fact, it is almost impossible to find that perfect tomato. Most are a little sun burnt or have cracked skins around the stem--these are all cosmetic imperfections, the tomato inside is still delicious. But when it cools down and with more rain, the peppers and eggplants still have time to produce new fruits, we just need to wait it out a few weeks. That is the beauty of and the premise behind community supported agriculture. It is a long season, and some weeks will be better than others, but it's the fact that it is a seven month journey that counts.

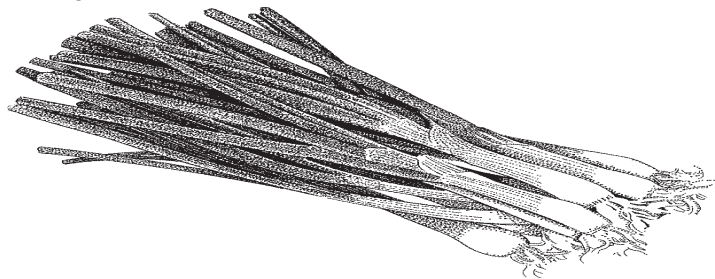
And that was the concesus of the 55 folks who came out to the farm Friday morning as part of the University of Illinois Sustainable Ag tour. The university sponsors several of these tours all over the state, promoting the diversity, creativity and productivity of many small, sustainable Illinois farms (often overshadowed by the many 7 foot tall conventional corn farms). We were proud to be asked to open our farm for a tour and speak on the topic of starting a farm from scratch. There was such a range of participants, many from Springfield, Quincy, Carbondale and even a couple from Oklahoma City; many older folks curious about organic vegetable farming, a few couples interested in making the transition. We shared everything that we have learned this first year--from the triumphs to the tribulations. And everyone aferwards thanked us for being so real about our experience; from the weeds, to the budget, to the tractor break downs, to all the support we get from our members--they were all amazed at what a first year farm could accomplish.

Enjoy the harvest, Amy & Segue



Our Best Guess for what's in your Share:
tomatoes, beets or carrots, potatoes, peppers, cucumbers, hot peppers, lettuce (?) and...

Leeks: look like flat-leaved, large scallions. They are fantastic when used like onions as a seasoning. They can also be prepared like vegetables--braised and grilled on their own. I like to add leeks to quiches, and the roots and green leaves are excellent in stocks.



Coming Up!
Red onions and acorn squash

What's For Dinner: Greek Pasta with Leeks
from "The Real Dirt on Vegetables"

12 ounces uncooked spinach pasta (fusilli or penne is best)
2 T olive oil
2 leeks thinly sliced
2 tsp fennel seeds
6 cloves garlic, minced (about 3 teaspoons)
1 lb tomatoes, peeled and chopped (about 3 medium tomatoes)
1/2 cup kalamata olives
1 T fresh oregano or 1 1/2 tsp dried oregano
1/2 tsp salt
1 T red wine vinegar
2-4 ounces feta cheese, crumbled
freshly ground black pepper

Cook the pasta according to package directions. Drain well. Heat the olive oil in a large skillet over medium heat. Add the leeks, fennel seeds, and garlic; saute until the leeks are soft, about 20 minutes. Stir in the tomatoes, olives, oregano, and salt. Simmer, uncovered, until there is very little liquid left, about 20 minutes. Stir in the red wine vinegar. Remove from heat. Add the feta cheese and black pepper to taste; toss. Serves 4.