



Where The Land, Food, and People Come Together!

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Distribution Week #19

Field Walk...

We've been doing a lot of thinking about next year-- it's hard not to as the days shorten, the nights cool, and whole sections of the farm are being turned under and seeded into a winter cover crop. As we walk past what used to be the spring spinach, or the radicchio, or the watermelons, melancholy sets in and before we know it, we are ready to forgo winter and start this whole three ring circus all over again. Okay, not quite...

Fall and winter are great times to reflect on the farm's successes and areas that need improvement. Next season is already starting to take shape in our minds as we survey the fields and think which crops will go where. Crop rotation is an important technique in organic farming. Plants take different nutrients from the soil; some like siltier soil, others more clay (it's a bit tricky, but we have both!); some attract one kind of insect and disease, some another. It is an intricate dance, rotating sixty different crops, so it helps to group them by families. Plant the onion family in one block, all of the squashes together, the greens usually get thrown here and there. Fortunately and unfortunately we worked with a blank canvas this year. For example, we didn't know when we planted our spring potatoes that we were planting them in a very wet spot, which led to lower yields. Now, with a season behind us, and a general understanding of the types of soils we are working with, we can make more informed decisions as to where spring potatoes should go among other things. In a lot of ways, we were quite lucky with how this first year went. We are calling it a success. But we can only imagine, with one notch on our belts, how much easier and even better next year will be! Enjoy the harvest, Amy & Segue



Our Best Guess for what's in your Share:
salad mix, radishes, bok choy, potatoes, onions,
peppers, broccoli, delicata squash, and...

Curly Kale: it's back! The variety is different, but still the same great taste! Kale is vastly superior to most vegetables. It is very rich in vitamins A, C, and the mineral calcium. B vitamins and other minerals are also in excellent supply. **Kale is also the highest in protein content of all the cultivated vegetables.**

Coming Up

sweet potatoes, collards, and golden turnips

What's For Dinner: Potato Kale Soup from "Asparagus to Zucchini"

4 T olive oil
2 medium onions, chopped
10 cloves garlic, minced
1/2 T red chile flakes or to taste
1 1/4 tsp salt
6 medium potatoes, peeled and diced into 3/4 inch cubes
3 cups coarsley chopped kale
black pepper

Heat oil in soup pot; add onions, garlic, chile flakes, and salt, and saute until onions are translucent. Add potatoes and enough water to cover by 4 inches. Bring to a boil and cook, covered, until potatoes are about half done. Add kale and cook, uncovered, until potatoes are tender, 10-15 minutes. Puree soup in blender or food processor. Season with pepper to taste. Makes 6-8 servings.

Wonderfully Easy Pasta with Kale (from "A to Z" cookbook)

1/3 pound penne or farfalle pasta salt and pepper to taste
2-3 T olive oil 1/2 lb chopped kale
1 small onion, diced 2-3 garlic cloves, minced

Bring 6-8 cups of water to a boil; add pasta and cook until tender. Meanwhile heat olive oil in a large skillet over medium heat, add the onions and garlic and cook until tender. Add the kale and saute until wilted. Drain the pasta and combine it with the onions, garlic and kale. Season with salt and pepper.