



Where The Land, Food, and People Come Together!

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Distribution Week #20

## Field Walk...

Last year we marveled at the perseverance of plants. Their ability to withstand heat and drought and still thrive were inspiring. However, this year, we've also learned that plants can be incredibly fragile; certain plants in particular. Cucumbers and squash plants do not do well with a lot of rain and wind. Many of these early plantings drowned in some of the severe storms of May. Same with tomatoes; while they seem to withstand a certain amount of rain, they do not tolerate wind at all. However, a vegetable it seems we can always count on are sweet potatoes! Rain or shine, searing heat or below normal heat, no weeds or weeds as tall as small trees, they come through like a champ year after year.

I remember when we planted sweet potato slips in late May. Our interns, Luisa, Jenny, and Amanda thought the plants we were sticking in the ground were nearly dead. The sweet potato slips are long roots with just a few wilted leaves attached. By the time you receive them through the mail, they look pretty pathetic. Okay, dead! as our interns observed. But the magic begins as soon as we put them in the ground. The roots settle, new, fresh buds start appearing above the surface, and by July, you have a carpet of vines smearing seven long rows.

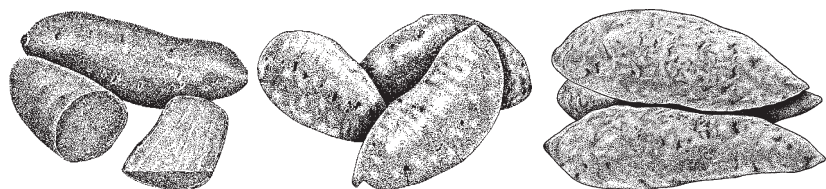
Sweet potatoes themselves are quite hardy. I had a farm member tell me just last week that she had three sweet potatoes left from last year stored in her basement in newspaper. Also, if you receive a sweet potato that has a cut--don't worry. Sweet potatoes heal themselves. The cut will just scab over and the rest of the potato will be fine! If sweet potatoes do this for themselves, what healing properties do they bestow upon us?!

Enjoy the harvest, Amy & Segue

### Sweet Potato Dig and Cookout Saturday, October 4th at 4PM

Come help us harvest sweet potatoes (a very kid-friendly activity) and then stay for a potato roast. Wear clothes that you don't mind getting dirty; bring a dish to share (a cold dish might work best); we'll provide the warm apple cider and fun.

Feel free to bring your friends and neighbors!



Our best guess for what's in your Share:  
beets, eggplant, garlic, bok choy, lettuce or salad mix, basil

**Sweet Potatoes:** We grow ours from slips (plants) from Tennessee and then out in the field in late May for the entire summer--they size up in mid-August through September and are now ready to harvest. Some of our potatoes are HUGE!! Try them baked, or make sweet potato pie (see recipe on the back). They will store in a paper bag in a cool part of your kitchen for months. Regardless of size, they are all sweet, tender, and plentiful. We will have these beauties for the rest of the season.

### Sad News...

we won't have any pumpkins this year due to poor germination and moisture rot...so sorry!!

### What's For Dinner: Eggplant Basil Sandwiches from "Asparagus to Zucchini"

1 medium eggplant, peeled and cut 1/4 inch-thick slices  
kosher salt  
1 package (8oz) light cream cheese, softened  
1/2 cup minced fresh basil  
3/4 cup soft bread crumbs  
3/4 tsp salt  
1/4 tsp cayenne pepper  
2 large eggs  
vegetable oil (for cooking eggplant)

Lightly salt eggplant slices with kosher salt; place in a colander and weight the slices with a heavy pot. Let stand in sink at least 30 minutes. Rinse with cold water and pat dry with paper towels. Mix cream cheese and basil in small bowl until smooth. Combine bread crumbs, 3/4 tsp salt and cayenne pepper on sheet of waxed paper. Crack eggs into a pie plate or shallow dish; froth with a fork. Spread eggplant slices with herbed cheese, using about 2 teaspoons on smaller slices and slightly more on larger ones. Make sandwiches with the slices. Dip sandwiches first in beaten eggs, then in crumbs until well coated. Heat oil to 1/8 inch depth in large, nonstick skillet over medium heat. When very hot, fry sandwiches, in batches without crowding, until crisp and golden on both sides, about 3 minutes per side. Serve warm (not hot). Sandwiches can be kept warm in preheated 225 degree oven while remaining sandwiches are cooked. These are nice with a thick tomato sauce. Makes 4 small sandwiches.

## Important Dates!!

\*Our **Harvest Dinner** has been moved to **November 1st, Saturday, at 5 PM** at the historic **Farley Music Hall in Elsau!** This is a potluck celebrating the end of our first season, so please bring a dish to feed 5, plus plates, utensils. Drinks will be provided as well as a **slide show** and a special activity commemorating our first year! We will not be selling our farm-raised pork at this celebration.

\***Renewals for 2009 begin this week!** Please email Amy for a renewal form if you are interested, or pick up your form at the farm.

\***Distribution** goes through **November 16th!**

\***Daylight savings ends Sunday, October 26th!**

This means our on-farm pick up changes to Tuesday from 2-5 PM and Saturday mornings from 9AM-Noon. There is no Friday pick up!!!

\***Our farm-raised pork will be available for purchase** the last two weeks of pick-up (Nov 4- 15th). Cuts for sale include chops, ribs, sausage, and steaks. We will email prices as the date draws near. **If you are a St. Louis member, and you would like to purchase our pork, please plan to pick up your produce that week at the farm either Tuesday or Saturday. We cannot deliver, unfortunately.**



## What's For Dessert?: Sweet Potato Pie

a recipe from Brookfield Farm, in Amherst MA

1/2 lb or 2 cups cooked, mashed sweet potato  
3 T melted butter  
1/4 cup maple syrup or 1/2 cup sugar  
3/4 tsp cinnamon  
1/4 tsp cloves  
1/2 tsp nutmeg (or less)  
3 eggs  
3/4-1 cup milk

Crust  
for 1 9" pie shell  
1 1/2 cups flour  
1/4 tsp salt  
1/2 cup butter  
3-4 T cold water

Pour sweet potato mixture into pie shell and bake at 350 degrees for 1 hour or until set. Serve with real whip cream or ice cream!

