



Where The Land, Food, and People Come Together!

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October 2009

Field Walk....

This is our favorite time of year! The leaves are on the verge of turning, the vegetables are growing. There are no more weeds, no more bugs. The pigs are fat and lazy, spending the afternoons sun bathing (their last day is Tuesday, October 27th--so stop by and say thanks and goodbye!!). The cover crops are doing their jobs--growing lush and tall, smothering weeds, and protecting the soil. We are back to starting our days at 8 AM, fully dressed in sweatshirts, hats, and gloves. The broccoli, cabbage, salad mix, and spinach have loved the below normal temperatures, but a late planting of lettuce is struggling to size up. With five weeks left, the work is winding down, even as the vegetables are winding up--we will have plenty of sweet potatoes, garlic, green onions, winter squash, greens, cabbage, root vegetables, and hopefully even brussel sprouts (the last two weeks of pick up) to finish out the season.

This is also the time of year that we start thinking about 2010. At the farm this week, you will find renewal forms. We hope you will agree that Three Rivers Community Farm has been a worthwhile, abundant, fun experience for your family. While I wait till the end of the harvest season to tally crop numbers, it's obvious from weeks of unlimited cucumbers, peppers, cherry tomatoes, green beans, eggplant, and copious amounts of all other produce that this has been a great year! Hopefully, you will have found that your grocery bill decreased accordingly and maybe even your cholesterol or waistline. Our goal is to keep you out of the produce aisle for 26 weeks of the year and if we didn't, let us know what we can change for next season to make your CSA experience even better (aside from growing avocados and oranges)! Unlike shopping in the produce aisle, one of the best aspects of joining a CSA is connecting with the farmers, the land and other like-minded individuals. We hope you have built some of those connections this year as well. As one of the farmers, it is my job and also the thing I like most about my work--knowing what vegetables you like and how it has impacted your life. I know that Mark loves raw spinach (not cooked); that Christian Borja's son says no to the vegetables on his plate until Christian tells him that they came from the farm; that two-year-old Stella looks forward to her biweekly trips out to see the pigs with her Uncle John. This information is just as important in deciding our crop plans for next season as the actual harvest numbers we collect over the year. We put your face on the food we grow just as often as you think of us at your dinner tables. We are so thankful for your support and food friendship. We look forward to getting know you better in 2010!!

Enjoy the harvest, Amy, Segue, Beth

Important Dates

* **Last CSA Pick up** is Tuesday, November 10th (2-5 PM) and Saturday, November 14th (9 AM-Noon).

* **Daylight Savings Time Ends** November 1st. For the last two weeks of CSA pick up, the time changes to Tuesdays from 2-5 PM, **no Friday pick up, and Saturday mornings from 9AM-Noon.**

* **End of the Year Harvest Dinner** is November 8th at 5 PM at the Farley Music Hall in Elsah (more details on the back) !!

* **Our Pork Sale will be the first two weeks in November during CSA pick ups on Tuesdays and Saturdays.** (Look for an email towards the end of October with full details).

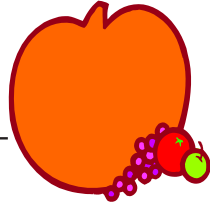


Beautiful, colorful, delicious (fill in your favorite adjective) salad mix

Time to Renew Your Share!

Please send us your renewal forms along with deposit by November 1st. Our mailing address is Three Rivers Community Farm, PO Box 185 Alton, IL 62002. Or you can drop it off at the barn on Tuesdays or Fridays!

Three Rivers Harvest Dinner!!



***Sunday, November 8th at 5 PM** at the historic **Farley Music Hall in Elsau**--(take a left at the 4 way stop in town and park behind the building--some parking in front).

***Potluck** feast celebrating all the delicious vegetables from the season--bring your **favorite dish** that will **feed 5** (and maybe a few notecards with the recipe, if you think others would like a copy!), plates, utensils. Drinks will be provided. **(Many desserts welcome!)**

***We will have our annual slide show**--a great way to see how the farm progressed from beginning to end.

***For Kids** (and adults): Help us with a special art project that will continue to decorate the cooler door. (Paint will be involved so please wear casual clothing.)

Waffle Sandwiches from Deceptively Delicious by Jesica Seinfeld

1/2 cup cottage cheese
1/2 cup sweet potato puree
1 large egg white
1 tsp brown sugar
1/4 tsp salt
8 slices whole-wheat bread, crust removed

For Butternut Puree: Do not peel. Cut into quarters, if steaming. Leave whole if roasting. Steam for 40-45 minutes. Roast at 400 for 50-60 minutes. Scoop out flesh and puree in a food processor or blender.

Preheat an electric waffle maker. In a blender or food processor, blend the cottage cheese, sweet potato puree, egg white, brown sugar, and salt. Spread 4 slices with the mixture and top with remaining slices. Place sandwiches two at a time in the waffle maker and close lid. Cook for 2-3 minutes until sandwiches hold together and the filling is no longer runny.

Curried Butternut Apple Soup from Farm Fresh Recipes

1/4 cup butter
2 cups chopped onion
1 rib celery, chopped
4 tsp curry powder
2 medium butternut squash, peeled and cubed
3 medium apples, peeled and chopped
3 cups water
1 cup cider
salt and pepper to taste

Melt butter in heavy pot; add onions, celery, and curry powder. Cook over medium heat, stirring often, until vegetables are tender. Add squash, apples, and water; bring to a boil. Reduce heat, cover, and simmer 20-30 minutes, or until squash and apples are tender. Drain and reserve liquid. Return to pot. Add cider and as much cooking liquid as desired. Season with salt and pepper. Reheat if necessary, and serve.

Sweet Potato Enchiladas from Real Dirt on Vegetables

1 pound sweet potatoes
3 T butter
2 medium onions, diced
3 cloves garlic, minced
2 tsp ground cumin
1 tsp oregano
1 tsp coriander
1 tsp salt
12 corn tortillas
1 recipe Enchilada sauce **or**
4 cups prepared enchilada sauce
1 cup grated cheddar cheese

For Enchilada Sauce:
1 T vegetable oil
1 medium onion, minced
1 T chili powder
2 tsp ground cumin
1 tsp oregano
8 cloves garlic, minced
4 cups pureed tomatoes
Heat oil in skillet and saute onions, garlic, and herbs, 2-3 minutes. Add tomatoes and pinch of salt. Simmer 30-45 minutes.

Preheat the oven to 350 degrees. Lightly grease a 9 x 13 baking dish. Bake the sweet potatoes on a baking sheet until soft, 40-50 minutes. Let cool, then peel and mash. Melt the butter in a medium skillet over medium-high heat. Add the onions and garlic and saute until translucent. Stir in the cumin, oregano, coriander, and salt; cook, stirring constantly for 2 minutes. Add the mashed sweet potatoes and cook for 2 minutes longer. Remove from heat. Soften tortillas either in microwave, in the oven, or on the stove top. Then, fill each tortilla with about 1/3 cup of the sweet potato filling and roll up. Place the filled tortillas in the prepared baking dish. Pour the sauce over top and sprinkle with cheese. Bake until cheese is melted, 20-25 minutes.

Herb Roasted Vegetables from Farm Fresh Recipes

3 medium sweet potatoes (about 2 pounds), chopped
1 onion, peeled and chopped
1 pound carrots, chopped
1 pound beets, chopped
1 pound potatoes, chopped
8 cloves garlic, chopped
3 Tbs. rosemary
2 Tbs. thyme
olive oil, salt, and pepper

Preheat the oven to 375 degrees. Put all chopped vegetables in a large bowl. Drizzle olive oil, enough to lightly coat and season with salt, pepper, rosemary, and thyme. Toss to coat. Spread mixture into a baking dish. Bake until vegetables are soft, 45 minutes-1 hour.