



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

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Distribution Week #22

Field Walk...

Segue and I slept like babies Tuesday night with the sound of a heavy rain hitting our roof and thunder over head. We got some rain!!! Finally!! A good inch and a half soaked into our powdery, silty soil. And in two days, literally, the cabbage and cauliflower plants doubled! Kale grew two inches, little brussel sprouts started forming, and the peppers looked alive again. We are reminded, after nearly three months of on again/ off again irrigation that it can substitute in a pinch, but nothing beats a good, soaking rain!

The pigs were just as happy as the vegetables and the farmers. They were busy working right away the next morning, rooting up clumps of soil, burrowing for slugs and beetles and the beginnings of clover. They effectively plowed up a 500 foot square patch in a day! There last day at the farm is October 16th so come by and say goodbye.

And speaking of work, our days are starting to slow down. Later mornings, earlier evenings--our work schedule now resembles something normal, 8-5. We've been busy tilling and cover cropping final areas of the field in oats and peas. Busy, with the last bits of hand weeding--the carrots, spinach and strawberries. And of course, very busy with the harvests--all the greens are growing gang busters; we pulled in all the rest of our russet potatoes, about another 800 pounds, and there are even a few tomatoes who have made a small comeback with this extra heat. With only five weeks left, the shares will be filled with a lot of greens and winter squashes now, with beautiful cabbages, cauliflower, carrots, brussel sprouts, and more sweet potatoes for the last three weeks.

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. All is right in our little world.

Enjoy the harvest, Amy & Segue

Our Best Guess for what's in your Share:
lettuce, salad mix, russet potatoes, leeks, peppers, eggplant, radishes, turnips, pumpkins, swiss chard, kale

Coming Up: butternut squash & rutabagas & more spinach....



What's For Dinner: Roasted Turnips

from "Vegetarian Cooking for Everyone"

Roasting any root vegetable is an easy, delicious, and healthy side dish. Try a combination of beets, turnips, potatoes or just one vegetable at a time....

1 1/2 lbs of turnips (or any root vegetable or combination of), roughly chopped into medium size chunks
1 leek or 1 small onion, chopped
3 cloves of garlic, chopped
olive oil
3 bay leaves
2 rosemary sprigs or 6 thyme leaves (or the equivalent dried)
salt and pepper to taste
Preheat the oven to 375. Lightly oil a shallow roasting pan or baking dish. Chop all vegetables and put in baking dish. Sprinkle in salt, pepper, and other herbs. Toss so that all is coated in olive oil. Bake, uncovered, until tender about 45 minutes. (Cover the last 15 minutes if vegetables are browning to quickly and add a little water if necessary).

What's For Dinner?: Chard Breakfast Burritos, from "A to Z"

3 cups cooked chard
6-8 flour tortillas
2-3 cups shredded cheese
4 eggs, beaten
2 cups milk
1 T flour
1 tsp mustard powder
salsa
sour cream

Oil a 9 x 13 baking pan. Divide cooked chard down center of tortillas. Sprinkle each with 3 T of cheese. Roll up tortillas and place seam side down in pan. Mix eggs, milk, flour, and mustard. Pour over tortillas. Cover with foil and refrigerate overnight. The next day, let burritos come to room temp. Heat oven to 350. Bake about 45 minutes. Sprinkle with remaining cheese and cook additional 5 minutes. Serve with salsa and sour

Makes 4-6 servings

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!