



Where The Land, Food, and People Come Together!

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Distribution Week #21

## Field Walk...

This time of year, the farm looks utterly spent. The tomatoes, cherry and otherwise, are absolutely finished and now starts the fun process of taking down the trellises; cutting twine, pulling stakes and allowing the dried, weathered vines to spill onto the ground. We continue to harvest eggplant and peppers, but the plants themselves are starting to give the signs of enough already--their lower leaves are yellowing and their branches bow sharply downward even though their loads are less heavy than before. The basil is becoming more pungent and a little spotted and the zinnias are fewer and fewer. However, while these crops slow, others are in their prime. This is a beautiful time for lettuce and salad mix. The cool days and nights brighten their green and red colors and the texture is nice and crisp while the flavor is mild. You will see hints of spinach in the salad mix. We are harvesting from beds where the deer have spared us a few leaves here and there. We also have a beautiful crop of broccoli that is on the verge of heading up within the next two weeks and beyond. Fall carrots and beets are getting sweeter by the minute with forty degree nights and if we can keep the deer off, we will have red and green cabbage and brussel sprouts the last two weeks of pick up. The season is starting to wind down with only five weeks left to go. Providing a little luck with our deer situation, there are many beautiful, vibrant, sweet, and delicious vegetables left to go!!

Enjoy the harvest, Amy & Segue

Thanks to all volunteers this season! We couldn't have done it without you!



Our Best Guess for what's in your Share:  
sweet potatoes, garlic, lettuce, salad mix, peppers, eggplant, kale

Coming Up this Fall: hakurei turnips, broccoli, carrots, scallions, and spinach are on the way!!!



What's For Dinner: Easy Pasta Topper  
from Amy's own kitchen

This vegetable saute is easy to whip up in about twenty minutes and is delicious over whole wheat penne pasta!!

2 small eggplant, chopped into small pieces  
2 peppers, sliced into thin strips  
1 jar of diced tomatoes (16 oz) or 4 fresh tomatoes  
2 cloves of garlic  
1 small onion  
1/4 cup pesto (more or less depending on your taste)  
salt, pepper, and oregano to taste

Saute onions and garlic in olive oil until soft. Add eggplant and peppers and cook until tender. Add tomatoes and heat through. Season with herbs and cook for a few more minutes until seasoned well. Add pesto at the end and pour over penne pasta for a quick supper!!

## 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!