



Where The Land, Food, and People Come Together!

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Distribution Week #22

Field Walk...

These are the days where you lose sweatshirts in the fields. Cool mornings you throw on the sweatshirt and wool socks and by ten you can't remember if you left them in the beets or the peppers. Over the last few weeks, we seem to be caught climate-wise in between the two seasons of summer and fall. The weekend and start of the week has been quite warm--nearly ten degrees above the normal 70. Then mid-week comes bringing a rainstorm and temperatures in the mid-sixties. Regardless, everything is loving the warmth, the wet, and the cooler nights.

I am including some pictures below of our cover-crops. We have planted some sections in oats and peas; others in rye and vetch. Both look marvelous. Seeing these fields of green give us such a feeling of hope and excitement for next year. Those covers are working hard to add organic matter; the peas and vetch are busy capturing nitrogen from the air and returning it to the soil; and both are providing plenty of fodder for the earthworms and millions of other soil bacteria that recycle nutrients. When we see those green fields we think of the expression "Ahh, fields of wheat!!" Meaning, next season bumper crops of potatoes, tomatoes, cucumbers, and squash! Well, a thousand things can come up to spoil a farmer's dreams between this year's promising cover crop and next year's harvest, but we are quite content living in the present moment--laying on our backs, listening to the swish of grass, smelling the sweet smell of pea shoots, feeling the earth renew itself right under our resting feet.

Enjoy the harvest, Amy & Segue



Our Best Guess for what's in your Share:
lettuce, salad mix, potatoes, garlic, peppers, radishes, beets, bok choy, leeks

Coming Up Next Week: carrots, butternut squash, hakurei turnips and spinach!!



What's For Dessert: **Baby Beets & Greens**

from "The Victory Garden Cookbook"

This, my favorite beet recipe, uses both the tender greens and the baby beets. We look forward to it with every planting!

6-8 baby beets, 1/2-1 inch in diameter
greens from these beets
2 T shallots or onions finely minced
2 T butter
1 T olive oil
salt and freshly ground pepper to taste

Cut stems and leaves 1 inch above beet crowns, and put leaves aside. Wash beets, steam for approximately 15 minutes or just until tender and set aside. Meanwhile, wash beet leaves. Drain, and spin or pat dry. Cut the leaves and small stalks diagonally into 1/2 inch slices or if very small, leave whole. Chop shallots or onions and add 1 T butter and the olive oil to the saute pan. Cook for 2 minutes. Add the beet greens and saute 2-3 minutes, stirring, until they become wilted and tender. Season with salt and pepper and set aside. In the same pan, add the last of the butter and saute beets briefly, just to reheat. Serve next to greens!