



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

November 11, 2007

Distribution Week #27

Field Walk....

What has this first year been like for Segue and I? many have asked. It has been as much about growing laughs, stories, disappointments, panic, memories, and inspiration as it has been about growing a ton (many tons, actually) of food. Sifting through our photo files for the harvest party, all of it came back as we watched images from our day to day accumulate into the larger timeline of our first season with, hopefully, many more to come. How did one day play out over seven months? Well, the butternut squash soup your family is eating tonight--how did it get here? It began way back in frigid January with our living room floor scattered with seed catalogs, a calendar, and our lap top. That afternoon we decided what varieties of winter squash we were going to try, how much to grow, when to start it in the greenhouse, and when and where to plant it in the field. By the end of the day we had planned out the life of your winter squash. The whole growing season was planned out this way, printed and taped to our dining room wall. The Big Picture! June 11th, Segue and I hand seeded over 600 feet of butternuts--dig a hole, drop three seeds in, dig another hole... On June 25th, a good soaking rain (one of the few this season) helped them to germinate. Two weeks later little squash plants were just big enough to cultivate using the tractor, so Segue did. And then he did it again two weeks after that. And then in late July we hoed them, then never touched them again; just lem them do their magic. They spread and covered triple the area they started out with. The August days melted into one another and we were able to irrigate the butternut once during the drought. Then after Labor Day we noticed all the squash ripe and ready but starting to be crunched by squash bugs. So that next week Nicole & Elizabeth (thank you volunteers!), Segue and myself clipped and tossed and hauled them out of the field into the barn. And a month later they were sitting on top of your refrigerators. We have two hundred stories from two hundred days just like this one (ask Segue sometime for his favorite pig memory!!). And we have you all to thank for that. You have supported us in a job we love, that we never for one day wondered if this was a good idea (okay, maybe on August 15th when it was 103 degrees). This Thanksgiving we are thankful for this place, the land, for you all, and for the produce that have brought us all a little closer. See you in 2008! Enjoy the harvest, Amy & Segue



Our Best Guess for what's in your Share:
lettuce, bok choy, spinach, salad mix, kale, turnips,
baby carrots, sweet potatoes, cabbage, brussel sprouts

What's For Dinner: Portuguese Kale Stew

from Farm Fresh Recipes

1/2 lb chorizo sausage, thinly sliced
2 (16 oz) cans of great northern white beans
1 medium head cabbage, chopped
1 bunch of kale, chopped (about 1/2 lb)
5 potatoes, cubed
1 qt water
salt and pepper to taste

In a large pot, lightly brown sausage. Add beans, cabbage, kale, and potatoes and enough water to cover. Bring to a boil. Reduce heat and simmer until potatoes are tender, about 20 minutes. Season with salt and pepper. Makes 6 servings.

What's For Dinner: Winter Salad w/ Creamy-Tahini Dressing, *from "Asparagus to Zucchini"*

2 cups any combination of grated beets, carrots, and or cabbage
2 cups of turnips
1 1/2 cups chopped kale and/or parsley
1 medium red onion, finely chopped
1 cup sprouts (optional)
1/2 cup fennel (optional)
Toss all ingredients and serve with Dressing below or your favorite dressing. Serves 4-6.

(For Dressing):

3 T sesame seeds
1/2 cup tahini
1/4 cup lemon juice
1/4 cup sesame oil
1/4 cup canola oil
1/4 cup soy sauce, tamari, or shoyu
dash of bottled hot pepper sauce or pinch of cayenne
1 tsp dried dill weed
Toast sesame seeds in dry skillet or hot oven for several minutes, tossing often. Cool and mix with remaining ingredients and 1/4 cup of water. Makes 1 1/2 cups.