



*“Where the Land, Food
and People Come Together”*

Hello from Three Rivers Community Farm!

6.15.15

The CSA Season Is Underway!

Harvest News

Dear CSA Member,

This is one of the most abundant times of the season! Your boxes are bursting with colorful and flavorful produce. All our hard work starting way back in February has led up to this moment. We hope you are enjoying the produce and not feeling too overwhelmed by the quantities and diversity.

It looks like this week is going to be a real soaker with 2½ inches of rain forecasted by Wednesday; good for crops like potatoes, celery and cabbage. Not so great for the tomatoes or us as we try and bring the harvest in and keep up on the weeding. We are still hopeful that we will be able to finish planting the rest of our winter squash, acorn and spaghetti squash, and get to weeding the sweet potatoes.

Last week we were fortunate to have a youth group from Gateway Greening join us on Friday for a tour of the farm and to volunteer. Our intern from 2013, Carolyn Cosgrove-Payne works at Gateway Greening and this summer began an employment program for disadvantaged youth in St. Louis to learn about gardening, social skills and developing a strong work ethic as well as make some money. Her program is called “Dig It STL.” Many of the youth that came to the farm had never even planted anything in the ground before. By the end of the morning they had planted 450 tomato plants and harvested 50 pounds of sugar snap peas; they had become pros! It was exciting to share our outdoor world with

them. It was a test for some to ignore the spiders and dragonflies, but everyone enjoyed getting their hands dirty and connecting with our crew. We really loved having them out and hope it becomes a yearly tradition!

Enjoy the harvest!

Amy, Segue, Diego, and Lydia
and our hard working crew: Rachelle, Nora, and John

Life on the Farm



Gateway Greening
youth group
in the fields!

Local Thyme Recipes

Chef Patricia Mulvey will provide you with recipes for your weekly CSA box. In addition to recipes, she is providing helpful storage and preservation tips for your vegetables.

Be sure to create your free account by following the above instructions to have access to all the benefits of Chef Patricia's website!

If you don't have a Local Thyme account, here are some recipes to try!

Grilled Chicken Breast with Three-Way Fennel Salad

Servings: 4 Prep Time: 15 mins Cook Time: 15 mins Total Time: 30 mins

Ingredients

1/2 teaspoon Fennel Seed
4 tablespoons Olive Oil
1 clove Garlic, minced, or substitute chopped garlic scapes to taste
1/4 teaspoon Salt
Black Pepper, to taste
4 Boneless Skinless Chicken Breast
1 tablespoon Unsalted Butter
1 bunch Fennel, cored, sliced thinly
1/4 cup Dry White Wine
1 bunch Fennel Fronds, chopped, divided use
Salt and Pepper, to taste
1 head Cabbage, sliced fine, well washed and spun dry
Garlic Confit Dressing (see below)

Instructions

Mix olive oil, garlic, fennel seed, 1/4 teaspoon salt, and black pepper in a sealable plastic bag. Add chicken breasts, seal and marinate for at least 15 minutes, up to overnight. Preheat gas or charcoal grill to high heat, or heat grilling pan on stove top. Remove chicken from marinade and grill for about 8 minutes per side, basting with marinade, until chicken reaches an internal temperature of 165°, moving the chicken away from any oil flare-ups that may occur.

Meanwhile, melt the butter in a large skillet until the foaming subsides, add sliced fennel bulbs, sauté until coated, add wine or pernod and simmer about 10 minutes, until the liquid evaporates and the fennel is tender. Season to taste with salt and pepper.

Toss greens with dressing to taste. Season with salt and pepper.

Divide the lettuce among 4 plates, top with sautéed fennel mixture, and 1 grilled chicken breast and garnish with fennel fronds. Serve.

Garlic Confit Dressing

Ingredients

2/3 head Garlic, cloves peeled
1/2 cup Extra Virgin Olive Oil
2 tablespoons Lemon Juice
1 teaspoon Lemon Zest, grated
1 tablespoon Caper, rinsed and chopped
Salt and Pepper

Instructions

Place peeled cloves in small saucepan, cover with olive oil, bring to just the barest of simmers -- you should see a little bubble here and again, and allow to cook for 45 minutes to an hour, until garlic is golden and very tender. Strain oil from garlic, reserving oil. Mash garlic with a fork, then whisk into lemon juice. Add lemon zest, capers and whisk 6 tablespoons of garlic scented oil into dressing. Season to taste with salt and pepper.

Beet and Cucumber Salad with Dill and Feta

Servings: 4-6 Prep Time: 15 mins Cook Time: 30 mins Total Time: 45 mins

Ingredients

1 bunch Beets, peeled, washed, cubed (greens will be used in another recipe)
2 tablespoons Olive Oil
1 Cucumber, seeds removed
4 ounces Feta Cheese, crumbled
2 tablespoons White Wine Vinegar
1/4 cup Extra Virgin Olive Oil
pinch each Salt and Pepper
1/2 bunch Dill, fresh, finely minced

Instructions

Preheat oven to 400°. Toss beets with 2 tablespoons olive oil, spread in a single layer on a rimmed baking sheet and bake about 20 minutes, stir and bake until tender, about 20 minutes longer. Allow to cool to room temperature.

Slice the cucumbers into 1 inch sized pieces, and place the beets, cucumbers, crumbled feta, and dill in a medium salad bowl. In a small jar with a lid, pour the vinegar, salt and pepper and olive oil, and shake vigorously until emulsified. Divide salad greens among 4-6 plates. Divide cucumber mixture over the lettuce. Pour dressing over the salad, toss and serve immediately.

Stir Fried Cabbage with Fennel

Servings: 4

Prep Time: 15 mins Cook Time: 30 mins

Total Time: 45 mins

Ingredients

1/4 cup Olive Oil or Sunflower Oil

1/4 teaspoon Cumin Seed

1 teaspoon Sesame Seed

1 bulb Fennel, bulb sliced thin, trimmed fronds chopped

1 bunch Mini Red Onion or Scallions, chopped or thinly sliced

1 head Cabbage, Cleaned and sliced into shreds

1 teaspoon Kosher Salt, or to taste

1/8 to 1/4 teaspoon dried cayenne pepper

1 tablespoon Lemon Juice

1/2 teaspoon Garam masala, optional

Instructions

Put the oil into a heavy skillet and heat over medium high heat until shimmering. Add the cumin and sesame seeds and cook until the sesame seeds start to pop, then add the fennel and onion and cook until just tender, 7 to 8 minutes.

Add the shredded cabbage and cook until the cabbage has softened and browned a bit around the edges. Add the salt, fennel fronds, and cayenne. Stir, reduce heat to medium low, and continue to cook, stirring occasionally, for another ten minutes. Add the lemon juice and optional garam masala. Stir, taste, and adjust for salt and pepper.

Creamy Pea Salad with Herbs

Servings: 4-6 Prep Time: 30 mins Total Time: 30 mins

Ingredients

1 pint Snap Pea or Snow Pea, cut crosswise into 1/2-inch pieces

1 bunch Mini Red Onion or Scallions, chopped

1 pound Cucumber, quartered and cut crosswise into chunks

1/2 pound Summer Squash, quartered and cut crosswise into small chunks

1 bulb Fennel, shaved

Fennel Fronds, chopped

1 cup Plain Yogurt

Garlic Scapes, chopped

1 tablespoon Lemon Juice

Coarse Salt

Fresh Dill, chopped

Coarsely Ground Black Pepper

Cilantro, chopped

1 tablespoon Sugar, optional

Parsley, chopped

Instructions

Clean and chop the vegetables and toss them into a large bowl. whisk together the yogurt, lemon juice, herbs, garlic scape, salt, pepper and optional sugar. Stir into chopped vegetables and serve.

Create Your Local Thyme Account

- Go to www.localthyme.net/register
- Enter the farm code 3RIVFREELT under "I belong to a CSA"
- Click the sign-up button
- Choose our farm and click the sign up button
- Fill in the form with your user name, email address and password
- Click "I Agree" to the terms (this can be easy to miss on small screens like cell phones and tablets)
- Click "register my account"
- Click 'Subscribe' on the next page
- You should see the our farm's logo in the center of the page and a welcome message. Click Home and you should now see a navigation bar that says Home, Week's Plan, Recipes, Veggie Guide, Resources, Support. If you don't see these, please contact pat@localthyme.com with the name of our farm and your pick up day and she will fix your account.



Enjoy the Harvest!

*Your Farmers,
Amy, Segue, Diego, Lydia,
and our hardworking crew: Nora, John and Rachelle*



[Three Rivers Community Farm](#)

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