



"Where the Land, Food
and People Come Together"

Hello from Three Rivers Community Farm!

07.20.2015

The CSA Season Is Underway!

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Harvest News

Dear CSA Member,

Just a few updates this week about the barn and this season's progress:

- For the first time in three weeks we were able to plow, till, seed and plant new vegetables on the farm. What a relief that the rain stopped for five days in a row! We planted our last round of watermelon, our second to last round of cucumbers, more summer lettuce and scallions and seeded our third planting of green beans, a new round of herbs, our Fall storage carrots and some beets. This week we will begin planting all our Fall cabbage, broccoli, kohlrabi, kale, and collards. This is our last final planting push of the season. After the next two weeks we will only have a few plantings of lettuce and some spinach, turnips, salad mix and radishes to seed. We are in the home stretch!!
- We are also in the home stretch of our construction loan. After our loan was approved in early April, the Farm Service Agency found an appraiser and that process finally concluded (after 80 days) on July 1st with the appraisal exceeding the loan amount by seven thousand, a good thing. Since then, we have been waiting to hear back from the title company so that our loan officer can set a closing date. Every step of this process has taken longer than we expected, of course. And

we are finding that we are at people's mercy; no one seems to understand our sense of urgency except us! Maybe, maybe we will be able to begin construction on August 1st and move into our barn by the end of the year! We will continue to keep you updated.

- The photos below show some of the problems we have encountered with all the rain in June and July. Our first round of tomato plants fell to early blight pretty hard. We are harvesting the fruit from them right now, but as you can see from the pictures, there is no foliage left on the plant to protect the fruit, so we are having to throw a lot away that have sun scald and insect damage. The tomatoes in your share may also look less than perfect, especially around the shoulders of the tomato. We figure it is better to give out some less than perfect tomatoes than no tomatoes at all! Our second and third planting are looking much better and we are still hopeful for a bumper crop, just a little later than in previous years.

Enjoy the harvest!

Amy, Segue, Diego, and Lydia

and our hard working crew: Rachelle, Nora, and John

Life on the Farm



This is what a tomato plant looks like with a very bad case of early blight. All the shriveled brown used to be the leaves!

A tomato war zone! Lots were too sun burnt or mushy to give out.



First big harvest of tomatoes and eggplant

[Local Thyme Recipes](#)

Chef Patricia Mulvey's recipes for this week's produce are [here](#). You need to create your free

account to access this link!

Create [your free account](#) by following the instructions below to have access to all the benefits of Chef Patricia's website. In addition to recipes, she is providing helpful storage and preservation tips for your weekly CSA box of vegetables.

Local Thyme Recipes

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

Simple Grilled Potatoes

Cook Time: 30 mins

Total Time: 30 mins

Ingredients

Potato , as many as you need

Olive Oil or Sunflower Oil

Salt

Instructions

Scrub potatoes, but don't peel them. Put them in a big kettle and cover generously with water. Bring to a boil and cook until you can just pierce the potato with fork or knife tip. You should still feel some resistance. You don't want them to be all the way done.

As soon as they are warm enough to handle, but still warm, slice them in half lengthwise. Drizzle them with oil and season generously with salt. At this point they're ready to grill but you can set them aside for up to four hours on your counter before you'd need to get them in the 'fridge or cook them.

Grill over medium high, cut side first, moving them closer to and further

away the heat as needed. You're looking for a crisp brown crust to form on the cut side, and then you can move them over to indirect heat and grill the skin side.

Couscous with Tomato and Scallion

Servings: 4

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Ingredients

3 tablespoons Olive Oil

1/2 cup Scallion or Onion, finely chopped

1 clove Garlic, minced

1 tablespoon Tomato Paste

1/2 teaspoon Sugar

2-3 Tomato, (very ripe), cut into 1/4-inch dice

scant 1 cup Couscous

scant 1 cup Boiling Water , or Chicken or Vegetable Stock

2 1/2 tablespoon Unsalted Butter

Salt and Pepper, to taste

Instructions

Pour 2 tablespoons of the olive oil into a medium nonstick pan over medium heat. Add the onion and garlic and cook for 5 minutes, stirring frequently, until softened. Stir in tomato paste and sugar and cook for 1 minute. Add the tomatoes, 1/2 teaspoon salt, and a few cracks of black pepper and cook for another 3 minutes.

Meanwhile, put the couscous in a shallow bowl and pour the boiling stock or water over it. Cover immediately with plastic wrap. Set aside for 10 minutes, then remove the plastic and fluff the couscous with a fork. Add the tomato sauce you made in the pan and stir well.

Wipe the pan clean and heat the butter and remaining 1 tablespoon of olive oil over medium heat. Once the butter has melted, spoon the couscous into the pan and pat down gently so it is packed in snugly. Cover the pan, reduce the heat to the lowest setting, and allow the couscous to steam for 10 to 12 minutes, until you can see a light brown color around the edges. You

want the bottom to be crispy.

Invert a large plate on top of the pan and quickly invert the pan and plate together, releasing the couscous onto the plate. Serve warm.

Salad with Tomatoes, Fresh Mozzarella, Zucchini and Carrot Ribbons and Balsamic Vinaigrette

Servings: 4

Prep Time: 10 mins

Total Time: 10 mins

Ingredients

1 head Lettuce , washed, dried and torn into bite size pieces--OR--

1 Zucchini or Summer Squash, ribbons cut with vegetable peeler or mandolin

1/2 bunch Carrot, ribbons cut with vegetable peeler or mandolin

1 Heirloom Tomato, sliced

3-4 Scallion or Onion, chopped

1/2 cup Fresh Mozzarella, sliced

3 tablespoons Balsamic Vinegar

1 teaspoon Dijon Mustard

1 clove Garlic, crushed, but left whole

1/4 cup Extra Virgin Olive Oil

1/2 teaspoon Sea Salt

1/4 teaspoon Black Pepper, freshly ground

Instructions

Use a mandoline or a sharp vegetable peeler to shave long, thin ribbons from the summer squash and carrots. Place the veggies in a large salad bowl.

Arrange the lettuce on plates and top with slices of tomato, chopped scallions, mozzarella, and zucchini and carrot ribbons.

In a small jar with a lid, add the vinegar, Dijon mustard, garlic, salt and pepper. Tighten the lid and shake well to mix. Remove the lid and pour in the olive oil, and shake again until emulsified. Discard the garlic clove and pour the dressing over the salad just before serving.

Create Your Local Thyme Account!

Get access to
great recipes and lots more!

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



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