



“Where the Land, Food  
and People Come Together”

Hello from Three Rivers Community Farm!

07.27.2015

## The CSA Season Is Underway!

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### Harvest News

Dear CSA Member,

How do we harvest over 100,000 pounds of produce in a span of 26 weeks? After all of the crop planning, seeding, planting and tending is done hopefully there is something to harvest! It's time to get the harvest operation in gear; we load up the knives, 5 gallon buckets, and the big black and red barrels and head for the field.

Sunday morning I scout our fields anticipating the week's harvest and then make a plan for what and how much we will harvest each day. I manage our crew from the field and back with our pickup truck and harvest cart, ferrying people, buckets, and vegetables from field to barn and back again.

Once in the cool of the barn, vegetables are washed and cooled in city water and then packed in re-usable plastic lugs and into the walk-in cooler where they sit as close to 38F as we can get them. In this way we ensure maximum freshness for all our perishable crops. Some crops, like cucumbers, zucchini, summer squash, melons, eggplant, and peppers want a little warmer. So we run a second cooler (an insulated side room that Segue built our first year at the farm) at 50F for these crops. Other crops, like onions, garlic, potatoes, winter squash and tomatoes are not washed, but brought to the barn to cure and store till they are ready to give out.

We do big harvests almost every day of the week this time of year. It takes all of us, lugging around heavy buckets, eight hours a day, five days a week (and then some, usually Segue and I are out working till dark on Tuesday and Friday nights) to get the harvests done. Which leaves just small windows for

other work like planting, weeding, prepping the soil, seeding in the greenhouse, and general farm clean up. Starting at 6AM to make sure the lettuce will have no "field heat" we begin cutting as the sun comes up. Then more heat tolerant crops like carrots, beets, scallions come next. After those, we start on the fruiting crops, which want to be picked when they are dry so as to avoid moving plant diseases around the field. All summer long that means zucchini, squash, and cucumbers (which have been harvested every Monday, Wednesday, and Friday since the last week of May). Then we add eggplant and tomatoes, and finally peppers. This time of year we are also spending about 10 hours a week harvesting cherry tomatoes (last week alone we harvested 550 pints). By the end of the day, at the height of the season over 1,000 pounds of vegetables are packed and cooled and ready for distribution that day or the next.

It is back breaking work so to speak, but if we weren't doing it, then who would be harvesting your vegetables? Thanks for making the conscious choice to have your food grown by us and our employees. Yes, we are sweating it out in the fields these days, but the rewards for this kind of work are so immediate and nourishing! We can't imagine doing anything else.

Enjoy the harvest!

Amy, Segue, Diego, and Lydia

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

## *Life on the Farm*



Produce crates wash and ready  
for this week's harvest!

We go through a lot of 5-gallon buckets this time of year!



Bees lovin' the buckwheat!

### [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!

#### **Cherry Tomato Pasta Puttanesca**

When we are swimming in an abundance of cherry tomatoes, I like to use them in pasta sauces. This method of pureeing them and separating their pulp from their liquid does a great job of reducing the otherwise thin sauce while retaining a fresh tomato flavor. As always with simple recipes, quality ingredients make this dish shine -- buy good kalamata or gaeta olives for this one.

Servings: 6

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

#### **Ingredients**

- 1.5 pounds Cherry Tomatoes
- 1 pound Pasta of choice, gluten free if desired
- 3 tablespoons Extra Virgin Olive Oil
- 4 cloves Garlic, minced
- 1 tablespoon Anchovy Paste
- 1/4 teaspoon Red Pepper Flake
- 1/2 teaspoon Dried Oregano
- 1/2 cup Pitted Kalamata Olives, chopped
- 3 tablespoon Capers, rinsed and minced
- 1/2 cup Parsley, optional, minced
- Salt and Pepper, to taste

#### **Instructions**

Bring a large pot of salted water to a boil and cook pasta according to pack instructions. Reserve 1 cup of cooking water, drain and reserve.

Meanwhile, pulse tomatoes in a food processor until finely chopped but not pureed, 15 to 45 seconds. Transfer to fine-mesh strainer set in large bowl and let drain for 5 minutes, occasionally pressing gently on solids with rubber spatula to extract about 3/4 cup tomato water. Reserve

tomato liquid in bowl and tomato pulp in strainer.

Heat oil in large skillet over medium heat. Cook garlic, anchovy paste and red pepper flakes until fragrant, a minute or two. Add tomato water, increase heat and simmer until reduced to about 1/3 cup. Add tomato pulp, olives, capers and optional parsley and cook just until heated through, about 2-3 minutes. Toss cooked pasta into the skillet and sauté to coat the pasta with sauce, adding a bit of cooking water to adjust consistency as needed. Taste, adjust seasonings and serve hot.

### **Citrus Rice Salad with Feta, Tomatoes and Cucumbers**

This dish, adapted from a recipe in Bon Appetit Magazine, July 2003, never sits around in the fridge for long. The kids like to pack it up for lunch. It's great to bring along for a pot luck or picnic, and works as a simple dinner too.

Servings: 4

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

#### **Ingredients**

2 cups Water

1 cup White Rice, if you prefer brown rice, cook for 50 minutes

3/4 teaspoon Salt

1/4 cup Orange Juice

1/4 cup Olive Oil

2 tablespoons Lemon Juice

2 teaspoons Orange Zest

1 teaspoon Lemon Zest

1/4 teaspoon Cinnamon, ground

1 pound Tomatoes, chopped, about 1-2 slicing tomato

1-2 Cucumbers, peeled and diced

1 cup Sweet Onion, peeled and diced, or sub scallion if you have that on hand

1/4 cup Mint, fresh, chopped, optional

1/2 pound Feta Cheese, crumbled

#### **Instructions**

Bring rice to boil with water, reduce heat to low, cover and simmer 15 minutes until rice is tender. Season with salt.

Whisk the orange juice, olive oil, lemon juice and zest with cinnamon. Stir into rice, and cool rice to room temperature. Stir in vegetables, herbs, and cheese - serve cold or room temperature.

### **Mascarpone Polenta**

A quick bright braise of green beans in tomato is a favorite way to prepare

these veggies around this house. Served over mascarpone polenta, this dish is filling enough to be dinner! Start the polenta a good 20 minutes before starting the green beans so they finish cooking at the same time.

Servings: 4-6

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

### Ingredients

Mascarpone Polenta\*

3 tablespoons Olive Oil

1 cup Onion, chopped or spring onion

2 cloves Garlic, minced

1 pound Green Beans, trimmed

2 Slicing Tomatoes, diced or 15oz canned diced tomatoes

3 tablespoons Basil, or 1 teaspoon dried

1/2 cup Water

Salt and Pepper, to taste

### Instructions

Start cooking the polenta.

In a large nonstick skillet, heat olive oil. Sauté onion, stirring for about 5 minutes, add garlic and continue to cook until onion is soft, about 5 minutes longer.

Add green beans, basil, tomatoes and water. Cook, stirring occasionally, until beans are bright green and tender crisp, about 10 minutes. Season with salt and pepper and serve over marscapone polenta.

## *Create Your Local Thyme Account!*

Get access to  
great recipes and lots more!

Go to [www.localthyme.net/register](http://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"

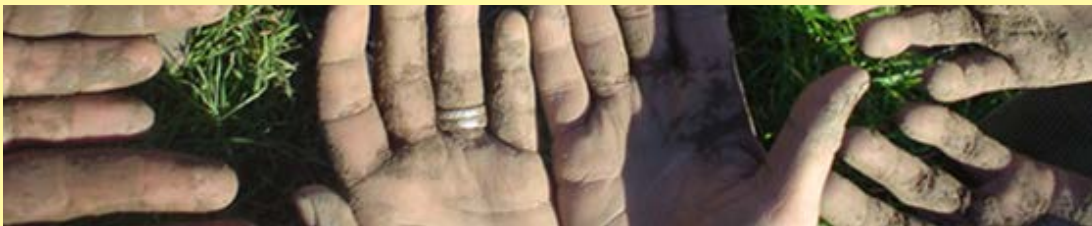
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You should see the our farm's logo in the center of the page and a welcome message. Click *Home* and you should now see a navigation bar that says Home, Week's Plan, Recipes, Veggie Guide, Resources, Support. If you don't see these, please contact [pat@localthyme.com](mailto:pat@localthyme.com) with the name of our farm and your pick up day and she will fix your account.

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## *Enjoy the Harvest!*

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



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