



“Where the Land, Food
and People Come Together”

Hello from Three Rivers Community Farm!

08.17.2015

The CSA Season Is Underway!

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Harvest News

Dear CSA Member,

Each week we try and fill your share with a wide variety of produce to keep you well fed throughout the seven month season. I have been frequently asked how we go about figuring out just what goes into your share each week. And believe me, it's not always easy to decide. In general, we want to put the freshest produce from the farm in the box each week, but how much? And which items?

Thankfully, I didn't have to invent the wheel here! I worked on several large CSAs in Massachusetts and Rockford, IL and gained a lot of experience about how to grow a diversity of produce each week for a large number of people. Angelic Organics, where Segue and I met, has over 1400 members, so we learned about scale and equipment there. Brookfield Farm in Amherst, MA introduced me to spreadsheets and record keeping to keep track of it all.

The first thing we do each winter is set specific targets for each crop, for each week that we want to provide it in the share, and for the entire season. For instance, when we grow carrots we target 1 pound per share per week for about 10 weeks out of the season. Then we multiply that number by total number of CSA members and add 20% to it to make up for crop loss due to insects, weather, and/or disease issues. A spreadsheet helps us determine these numbers and then use them to buy the appropriate amount of seed and plant the correct amount of rows of each crop. We also use the spreadsheets to help us map when and where in the fields each crop goes.

During the season, these targets are then used to determine whether the share will be light, heavy, or just right. If one crop is a little light (like the onions this year) we try to make up for it with other crops that might be heavier (did you notice you are getting a few more potatoes than in previous years?). And if we have a lot of everything, then we go ahead and offer it as extra produce that can be purchased by members at a discount.

The paragraphs above makes this sound very easy! In fact, I think CSA farming is one of the most stressful jobs! All of our winter planning doesn't do much good if you get 16 inches of rain, or a raccoon sneaks in one night and drills a small hole in a lot of the watermelons, or you missed planting the third succession of tomatoes by one week and now you have a gap in tomato harvests! It is one thing to have a plan and an entirely other thing to execute it!

One thing we learned early on about distributing produce is the economic concept of "inelastic demand." That is, even if we have 10,000 pounds of surplus cabbage, it is of very little value to us because people will/can only eat so much. The demand for cabbage is "inelastic." Of course, we can try to stretch it out a little with clever newsletter articles or a few recipes, but let's face it, getting a box full of cabbage every week would just not be very valuable for most people. In addition, we have found that people want a variety of items in the share each week, so we try to put something new in the share most weeks.

We continue to refine our targets by listening to our farm members each year through one-on-one interactions, bulk purchases, and farmers' markets sales. Then at that point we act just like any good-old American business, we try to give our customers what they want. Fundamentally, our farm has remained true to our initial idea - share the risks and rewards of local agriculture in order to let us grow and eat food that is produced in a manner that is in keeping with our deepest principles. Developing these techniques has been important in making this dream a reality!

Enjoy the harvest!

Amy, Segue, Diego, and Lydia

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

Life on the Farm

The flowers are still going strong
at the farm. Humans and
butterflies alike have been
enjoying them!



The pepper harvest from the last two weeks. The plants need a little break, but they will be back in your share soon!



2015 Squash Harvest for Fall

[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!

Beet, Cucumber, and Sweet Onion Salad

Servings: 4

Prep Time: 20 mins

Cook Time: 1 hr 30 mins

Total Time: 1 hr 50 mins

Ingredients

2 Beets

1 cup Sweet Onion, thinly sliced

1 Cucumber, cut into rounds

1 head Lettuce

1 tablespoon Fresh Thyme, or parsley, optional

4 teaspoons Honey

4 teaspoons Apple Cider Vinegar

1 1/2 teaspoons Dijon Mustard
1/3 cup Olive or Sunflower Oil
Salt and Pepper, to taste

Instructions

Preheat oven to 400. Wrap each beet in foil and bake for about 1-1/2 hours, or until the beets are tender when pierced with a fork. Cool beets in foil then peel and slice.

Arrange veggies over lettuce. Whisk thyme, honey, vinegar, mustard, and oil in a bowl and season with salt and pepper. Drizzle over veggies.

Balsamic Roasted Potatoes

Servings:6-8

Prep Time:5 mins

Cook Time:35 mins

Total Time:40 mins

Ingredients

2 pounds Red Potatoes, cut into 3/4 inch dice or Yukon Gold, or other potato

2 tablespoons Olive Oil

1 tablespoon Balsamic Vinegar

2 cloves Garlic, minced

Salt and Pepper, to taste

Instructions

Preheat oven to 400. Toss the potatoes into a large roasting pan. In a small bowl, whisk together the oil, vinegar, and garlic. Toss the potatoes with the vinaigrette, then spread out in a single layer. Bake for 30-35 minutes, stirring once part way through, until tender and lightly browned.

Tomato Tarte Tatin

Servings: 4-8

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Ingredients

1 tablespoon Olive Oil or Sunflower Oil

1/2 cup Couscous, uncooked, instant

1-1/2 pounds Fresh Tomatoes, thinly sliced, with their juices

4-6 tablespoons Basil Pesto, homemade or purchased, or just

shred a handful of fresh basil over the tomatoes
4-6 ounces Fresh Soft Goat Cheese, crumbled, optional
1 sheet Frozen Puff Pastry Dough, thawed
Salt and Pepper

Instructions

Heat oven to 400F.

Spread the olive or sunflower oil around the bottom of a pie plate or similarly sized baking dish and sprinkle the couscous in as evenly as you can. Then add the tomatoes. Crumble the goat cheese around, and drizzle the whole bit with the pesto or fresh herbs. Top with the piece of puff pastry.

Bake for 30 minutes or until pastry is browned and well puffed. Just before serving, invert onto serving platter. Garnish with fresh herb sprigs and serve.

White Beans with Tuna, Olives and Cherry Tomatoes

Servings: 4

Prep Time: 10 mins

Total Time: 10 mins

Ingredients

1/4 cup White Wine Vinegar
2 teaspoon Dijon Mustard
1/2 teaspoon Sugar
2 cloves Garlic, minced
1/3 cup Extra Virgin Olive Oil
Salt and Pepper, to taste
2 14-ounce cans Cannelini Bean, drained, rinsed
1 pint Cherry Tomato, quartered
2 cans Oil Packed Tuna fish, drained and flaked
1/4 cup Pitted Kalamata Olive

Instructions

Whisk together the vinegar, dijon, sugar, and garlic; drizzle in the oil. Season to taste with salt and pepper.

Toss vinaigrette with beans, tomatoes, tuna, and olives 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)

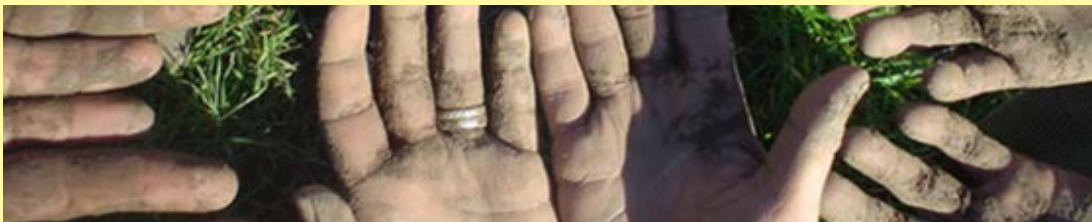
Click "register my account"

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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