



“Where the Land, Food
and People Come Together”

Hello from Three Rivers Community Farm!

08.25.2015

The CSA Season Is Underway!

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Harvest News

Dear CSA Member,

Every year, the weeds grow. We plow the earth and plant the seeds. And then the earth plants a billion more. Deep down she's a very modest being; doesn't like to be naked at all. Wherever there's a clear spot a weed will germinate to cover the soil. It's tempting to think that we could coexist on the earth, that all living things can just "get along." We could grow plants and the earth could grow weeds and we could still harvest enough from the plants to feed ourselves. We could all live in the sweet ever-after. Heck, we could even stop working so hard and maybe take a few months off in the summer to sit under a tree and ponder our existence. Unfortunately, it doesn't seem to work that way. If left to their own devices, the weeds would grow and grow and choke out all our crops. All our human aspirations at survival would be choked right along with them. And we'd be left eating rough pig weed stems and hunting for wild boar.

Of course this is what has brought us the industrial agricultural chemicals of our time. They are immensely useful. Imagine planting a field of onions. Then seeing some weeds emerge. Then spraying the crop once and seeing all of the weeds die while the onions magically live on. Now that seems like good magic. It's just that the earth doesn't usually let such force go "unanswered." There usually is a balancing force that has another unintended effect. For instance, you may kill the weeds, but also leave carcinogens that cause rampant cell growth in other beings, causing unintended harm.

On our farm, we prefer to try and find a more balanced approach. We plow the earth and plant seeds. Then we cultivate the emerging plants with a small 35 horsepower tractor to get the weeds in between the rows. Then, we come back and either hand weed or hoe right around the plant. Tractor cultivation and hand weeding is what we do for the majority of our crops. For some crops like tomatoes, peppers, eggplants, squash, and cucumbers, we use plastic mulch. Plastic mulch is an alternative to straw mulch or wood chips. If we could afford the straw and labor involved we would mulch the whole farm in straw, but straw is very expensive and as it turns out, our workers don't really like working with straw that much. So, we have an implement on our tractor that lays rows of black plastic and we plant into it. This conserves moisture and keeps the weeds from growing, but the plastic is not reusable at the end of the season. We lift it up and into the landfill it goes, not ideal. On the other hand, I don't know a single organic vegetable farmer on our size scale that doesn't use it!

Another reason we use some plastic mulch is to keep the amount of hand weeding at bay. After we cultivate the rows with our tractor, we literally "crawl" the fields plucking (not so gently) all the remaining weeds that have emerged to compete with our plants. This can be very difficult (like on a very wet year like this one, when you pluck one weed and literally, a day later two have grown up in its place), but mostly the weeds are in a very concentrated area (about 2" around the crops). Still, when you've got to keep 10 acres of vegetables clean, it can take a little while. Ten acres of crops, one row at a time, comes out to about 150,000 feet of rows. You try crawling 27 miles!

So, if you have eaten one of our carrots, or enjoyed the lettuce, or made some delicious sauce with our tomatoes, it's all thanks to our amazing crew - Rachelle, John and Nora - who have been on their hands and knees for all those miles! Couldn't have done it without them!

Enjoy the harvest!

Amy, Segue, Diego, and Lydia

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

Life on the Farm



Planting squash into
black plastic.

Our crew
hand weeding
carrots!



Thanks CSA member Candace Winterbauer for bringing our

crew a fantastic farm lunch last week! Who's next? Ha, ha!

[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!

Cucumber Soup

Servings: 4

Prep Time: 10 mins

Total Time: 10 mins

Ingredients

- 2-3 Cucumbers, peeled and seeded
- 1/2 cup Plain Yogurt
- 2 tablespoons Lemon Juice
- 1 clove Garlic, minced
- 3 tablespoons Dill, or other fresh herbs, such as oregano, parsley, basil
- Salt and Pepper, to taste

Instructions

Roughly chop the cucumber and place it in a blender or food processor with the other ingredients. Purée, and add a little water if it is too thick. Adjust seasoning with salt and pepper and allow to chill in the refrigerator for several hours before serving.

Rice Noodles with Marinated Kale, Cucumbers and Carrots

Servings: 4

Prep Time: 40 mins

Cook Time: 5 mins

Total Time: 45 mins

Ingredients

8 ounce package Rice Noodle, such as Maifun, an angel hair rice noodle

1/2 cup Extra Virgin Olive Oil

1/3 cup Orange Juice

2 1/2 tablespoons Soy Sauce, use a gluten-free Tamari, if preferred

2 1/2 tablespoons Rice Vinegar

1/2 tablespoon Toasted Sesame Oil

1 bunch Kale, washed, stems remove, shredded thin

1 small Cucumber, peeled, sliced lengthwise in half, seeded, and sliced

2 small or 1 medium Carrot, shredded

2 cloves Garlic, minced or 2 stalks garlic scapes or green garlic, thin sliced

2 tablespoons Sesame Seed, toasted

Salt and Pepper, to taste

Instructions

Cook noodles according to package instructions. Drain, set aside.

In a large bowl, make the marinade by whisking together the olive oil, orange juice, 2 1/2 tablespoons each of soy sauce and rice vinegar, and sesame oil.

Add the shredded kale and garlic to the large bowl with the marinade and massage the sauce into the leaves for a few minutes, until they become silky, then toss with the prepared noodles, cucumbers and carrots. Taste and adjust seasoning. Top with sesame seeds and serve cold or at room temperature.

Spanish Tortilla

Servings: 8

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Ingredients

1 bunch Kale, remove stems and roughly chop

1 pound Potato, sliced into 1/4 inch rounds

7 Egg, lightly beaten

1 teaspoon Salt, divided use, plus salt for cooking water

2 tablespoons Olive Oil

1 Onion, thinly sliced

Instructions

Preheat oven to 375°. Bring a pot of water to boil, and add some salt to the water. Toss in the kale and cook until wilted, about 3-5 minutes. Scoop the kale leaves out of the water with a slotted spoon and put into a colander in the sink, where you can cool them by running some cold water over the greens. Put potatoes into the boiling salted water and par-cook until just

tender, about 5 minutes. Meanwhile, squeeze excess moisture out of kale, and move the kale to a small bowl. Drain the potatoes in the colander.

Heat a 9" oven-proof non-stick skillet over moderately high heat and add in the oil, heat to shimmering. Sauté onions in the oil until softened, about 4-5 minutes. Add kale, potatoes and 1/2 teaspoon salt to the skillet, flipping them around until they are well mingled. Stir remaining 1/2 teaspoon salt into beaten eggs. Pour egg mixture over veggies, and tip pan a bit to distribute eggs evenly.

Pop skillet into oven and bake for about 10 minutes until eggs are fully set. Give the pan a little shake, and if you see any liquid movement in the eggs, return them to the oven and check at 2 minute intervals until the eggs are set. Remove pan from oven, and place large plate on top of skillet, and carefully invert so that eggs flip out onto plate. Serve hot, room temperature or cold.

Carrot Cake with Cream Cheese Frosting

Servings: 12

Prep Time: 25 mins

Cook Time: 35 mins

Total Time: 60 mins

Ingredients

- 1 2/3 cups Flour
- 1 cup Sugar
- 1 1/2 teaspoons Cinnamon
- 1 teaspoon Baking Powder
- 1 teaspoon Baking Soda
- 1/2 teaspoon Salt
- 3 Egg
- 1/2 cup Vegetable Oil
- 2 cups Carrots, grated, from about 1 pound carrot
- 1 cup Apple, peeled and grated
- 1/2 cup Walnuts, chopped, toasted
- 8 ounces Cream Cheese, softened
- 8 tablespoons Butter, softened
- 2 cups Powdered Sugar, sifted
- 1 1/2 teaspoons Lemon Extract
- Walnuts, for garnish

Instructions

Preheat oven to 350°. Stir first six ingredients together in a large mixing bowl.

Lightly whisk the eggs and canoli oil in a medium bowl, fold in shredded carrots, apple and walnuts. Then fold wet ingredients into dry ingredients and mix until just combined.

Grease a 9x13 baking dish, and spread batter evenly in pan. Bake for 30-35 minutes, until cake springs back when touched lightly in the center. Cool the cake on a rack for about 15 minutes, then turn out onto a platter.

To make the frosting, whip the cream cheese and butter with a mixer to combine, then sift in the powdered sugar and beat until smooth, beat in the lemon extract.

When the cake has cooled entirely, frost the cake.

GLUTEN FREE Carrot Cake with Cream Cheese Frosting

Ingredients

2 3/4 cups ATK Gluten-Free Flour Blend
1 1/4 teaspoon Gluten Free Baking Powder
1 teaspoon Baking Soda
1 1/4 teaspoon Cinnamon
1/2 teaspoon Nutmeg
3/4 teaspoon Sal, divided as follows in the instructions
1/8 teaspoon Clove
1 pound Carrots, peeled and shredded
1 cup Sugar
1 cup Brown Sugar, packed
4 Eggs, large
3/4 cup Vegetable Oil
1 cup Walnuts, toasted and chopped
16 ounces Cream Cheese, softened
10 tablespoons Unsalted Butter, cut into ten pieces and softened
2 tablespoons Sour Cream
1 1/2 teaspoon Vanilla Extract
2 cups Powdered Sugar

Instructions

Preheat oven to 350° and make sure that oven rack is in center position. Grease a 13x9 inch baking pan, line it with parchment and then grease the parchment.

In a large bowl, whisk the flour blend, baking powder, baking soda, cinnamon, nutmeg, 1/2 teaspoon salt and cloves together.

Process granulated sugar, brown sugar and eggs in a food processor until frothy and well combined, about 20 seconds. Then, with processor still running, pour oil in a steady stream and process for another 20 seconds until mixture is light in color and emulsified.

Transfer egg mixture to a large bowl and stir in shredded carrots, flour blend mixture, and nuts with a spatula until thoroughly incorporated. Pour batter into prepared pan and bake until a toothpick inserted in the center of the cake comes out clean, about 35-40 minutes. Rotate pan halfway through.

Allow cake to cool on a wire rack for about 2 hours. In the meantime, make the cream cheese frosting. Allow cream cheese and butter to soften. With a stand mixer or electric beater, whip cream cheese, butter, sour cream, vanilla and 1/4 teaspoon salt on medium and beat until smooth, about 3 minutes. Then increase speed to high and continue beating until fluffy, about 3 to 5 minutes. Run knife around the outside of the cake, remove from pan and discard parchment. Spread frosting evenly over the top, then cut and serve.

[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"

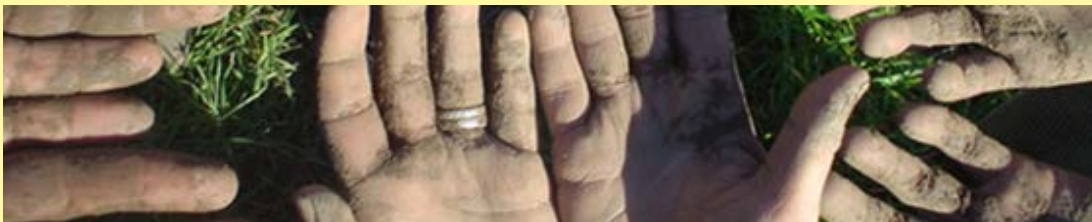
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You should see the our farm's logo in the center of the page and a welcome
message. Click *Home* and you should now see a navigation bar that says
Home, Week's Plan, Recipes, Veggie Guide, Resources, Support. If you don't
see these, please contact pat@localthyme.com 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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