

The content in this preview is based on the last saved version of your email - any changes made to your email that have not been saved will not be shown in this preview.



“Where the Land, Food  
and People Come Together”

Hello from Three Rivers Community Farm!

09.07.2015

## The CSA Season Is Underway!

[Website Home](#)

[CSA Waiting List](#)

[Contact Us](#)

[Facebook](#)

**Receive two months of high quality  
organic produce and pasture-raised meat  
and keep it local this late Fall!**

Two hearty distributions of tasty fall vegetables like sweet potatoes, onions, winter squash, carrots and greens, in addition to two meat bundles that include ground beef, bacon, sausage, stew meat, whole chicken, and more.

The cost is \$400 total for both HOME deliveries scheduled for the weeks of Nov. 16th and Dec. 14th. To join, please visit [www.threeriverscommunityfarm.com](http://www.threeriverscommunityfarm.com) and follow the link for *Fall Storage Share*.

## Harvest News

Dear CSA Member,

Three Rivers Community Farm and Live Springs Farm have been producers of nutritious, organic, high-quality produce and pasture-raised meat since 2007 and 2009 respectively. We share similar ideals in caring for the soil and our surrounding ecosystems, resulting in raising the freshest, high quality, nutrient dense food. Our paths have crossed many times over the years at different farmers markets and through CSA subscribers who have sought out high quality produce and protein. We ourselves are a great model for healthy eating, as we exchange weekly produce for meat and eggs which makes for the core of our families' diets. We believe strongly that



our meat and produce are some of the best being raised in the St. Louis area, and we want to open this opportunity up to more people!



This is a trial run for both farms to determine the desire on the part of our customers for such a service and to better understand the logistical challenges we would encounter while trying to make it an every week delivery. If interest is high and the logistical challenges are manageable, then we hope to offer this service more broadly as a weekly delivery with meat and produce as the core and add-on items from [Marcoot Creamery](#), [Kitchen Culture](#), [Red Fox Baking Company](#), and [del Carmen beans](#) in the future.



This service includes both the meats and produce shares, not one or the other. We will deliver to your home regardless if you are physically there at the time of delivery, but in an effort to keep costs low for the trial the meat will not come in any insulated cooler. At the point of delivery, please have a cooler with ice packs to store the frozen product for the time you anticipate it being out of the freezer. Produce and meat are your responsibility once we deliver. Please have a secure location if you will not be present upon delivery. Specific delivery date and times will be determined and notification emailed to customers in early November.

## *Enjoy the Harvest!*

*Your Farmers,*

*Amy, Segue, Diego, Lydia,*

*and our hardworking crew: Nora, John and Rachelle*



**Produce**  
November and December

- 2 green cabbage
- 8# carrots
- 5# beets
- 5# mixed roots  
(rutabagas, turnips, radishes)
- 2 kohlrabi
- 2.5# onions
- 10# potatoes
- 8# sweet potatoes
- 4 butternut squash
- 2# greens  
(head lettuce, kale, spinach or salad mix)

**Proteins**  
November

- 1 whole chicken
- 1 pkg. chicken drumsticks
- 1 pkg bone-in chicken breasts
- 2 lbs. ground beef
- 1 lb. beef stew meat
- 1 lb. natural smoked bacon
- 1 lb. deli ham
- 1 lb. bulk Italian or pork sausage

December

- 1 whole chicken
- 1 pkg. chicken necks and backs  
(for making broth)
- 2 lbs. ground beef
- 1 lb. ham steak
- 1 full rack Spareribs
- 1 lb. ground pork
- 1 pkg. thick cut bone-in pork chops

**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.

**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"

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](mailto:pat@localthyme.com) with the name of our farm  
and your pick up day and she will fix your account.



### [Three Rivers Community Farm](#)

22867 Chautauqua Road, Elsah, IL 62028

PO Box 122, Elsah, IL 62028 | 618.946.7974

[info@threeriverscommunityfarm.com](mailto:info@threeriverscommunityfarm.com)

[Forward this email](#)



This email was sent to [lorie@signaturevirtualassistance.com](mailto:lorie@signaturevirtualassistance.com) by [info@threeriverscommunityfarm.com](mailto:info@threeriverscommunityfarm.com) |  
[Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider.](#)



Signature Virtual Assistance, Inc. | 350 Ridge Drive | Bethalto | IL | 62010