



"Where the Land, Food
and People Come Together"

Hello from Three Rivers Community Farm!

09.07.2015

The CSA Season Is Underway!

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Harvest News

Dear CSA Member,

It might not feel like Fall this week, but the farm is inching ever closer to this highly anticipated season. We love the cool nights and cool days, perfect for work and perfect for all the vegetables that love cooler temperatures: broccoli, carrots, and lettuces. At the same time, a few summer crops are still holding on: tomatoes, basil, eggplant and peppers. This time of the season is the best of both worlds, and it is reflected in your share when you see tomatoes right next to the Japanese turnips.



The fields are filling up with many of the vegetables we started the year out with; broccoli, cabbage, Swiss chard, kohlrabi, and kale are looking strong! We have been busy doing the final weeding on our fall carrots and beets which should both be ready in mid-October (and taste much sweeter than summer carrots). And many of the head lettuce varieties that were so



beautiful this spring are growing quickly and will be back in the share by the early October. We have even tried a few new vegetables like escarole and watermelon radishes, which will make their way to your kitchens in a couple of weeks. You will also notice a bi-weekly rotation of acorn, delicata, and butternut winter squash and potatoes and sweet potatoes for the remaining weeks. The Fall is such a great season for home cooking!

There are eight weeks left in the CSA season (including this one). Many folks have been asking when renewals will begin for the 2016 season. We start renewals the first week of October and give our current members the entire month to decide to renew before we open it up to our waiting list. There will be a few changes next season for both the on-farm and boxed CSA memberships that we hope will continue to tweak the CSA experience slightly and make it more suitable for families' busy lifestyles.



We always love getting feedback from you about changes you would like to see: Was the menu planning service helpful? Did you get too much of something? Or a crop you would like to see more of? Are there ways we could make pick up more convenient? Do you like how the produce is packaged? Please send us an [email](mailto:info@threeriverscommunityfarm.com) if you have any comments or suggestions (info@threeriverscommunityfarm.com). Members comments over the years have really shaped our CSA!

Speaking of feedback, it was a CSA member's idea last season that we think about offering a winter share, and we have been busy this entire season putting it together. We will begin offering a late Fall Storage share in conjunction with Live Springs Farm, which will provide a stock-your-freezer meat bundle, for home delivery in November and December. Information about this special share will be emailed to all members next week. We are excited to see what the interest level will be!

Enjoy the Harvest!

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



Local Thyme Recipes

Squash and Kale Posole with Pinto Beans

This tasty weeknight dinner comes together in a flash thanks to the use of good quality store bought tomatillo salsa. I am fond of this over soft polenta, but you can speed this up by buying already prepared polenta that you just sear or grill up. I have been known to use this as a clean out the fridge stew -- just toss in peppers, tomatoes, edamame, a potato -- whatever you have on hand. If you have a meat eater on hand, shred some rotisserie chicken into this mix.

Servings: 4

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Ingredients

- 1-2 Acorn Squash, scrubbed, seeded, and cubed
- 1 bunch Kale
- 14 ounce Black or Pinto Beans, drained
- 16 ounces Tomatillo Salsa
- 28 ounces Hominy, undrained

1-2 cups Vegetable Stock
1 package Prepared Polenta, sliced
Olive Oil Spray

Instructions

Put the squash, kale and drained beans in a soup pot. Pour the salsa and hominy with its juices over them. Add enough stock to cover everything. I like my posole on the the thick side, but if you like it more soupy, add all the stock. Bring to a boil then reduce to a simmer and cook until squash is tender about 20 minutes. Taste and adjust seasoning with salt and pepper if necessary.

As the posole cooks, preheat a grill pan or skillet, spray with oil and grill slices of polenta. Place a disk of polenta into a boil and ladle the posole over, serve hot.

Tomato, Green Bean and Basil Pasta Salad

This quick and easy pasta salad is one we like to keep on hand to pack in the kid's lunches. They just gobble it up!

Servings: 4

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Ingredients

3/4 pound Green Bean
1/2 pound Tri-color Rotini
1/3 cup Extra Virgin Olive Oil
3 tablespoons Red Wine Vinegar
2 cloves Garlic, minced
1 teaspoon Sugar
1/4 teaspoon Dry Mustard
1/2 teaspoon Salt
1-2 Tomato, cored and chopped
1/2 cup Pitted Kalamata Olive, chopped
2 tablespoons Basil , slivered, or chives, minced
1/4 cup Parmesan Cheese, grated

Instructions

Bring a pot of water to boil, salt the water. Blanch the green beans until just tender, about 8 minutes. Drain and allow to cool. Add pasta to same pot of water and cook pasta according to package directions. Drain.

In a mixing bowl, whisk together oil, vinegar, garlic, sugar, dry mustard, and salt.

Toss cooked pasta with dressing, green beans, cherry tomatoes, basil, kalamata olives and cheese.

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

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.

[Three Rivers Community Farm](#)

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