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"Where the Land, Food  
and People Come Together"  
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Hello from Three Rivers Community Farm!

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09.07.2015

## The CSA Season Is Underway!

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### **Harvest News**

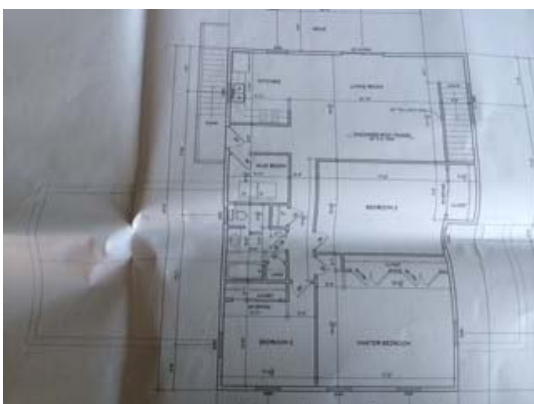
Dear CSA Member,

We sowed the last seeds of the season on Sunday, closing the circle on a process we started all the way back on February 2nd. One last round of spinach (we've been striking out so far with all the heat), one last round of radishes and one last round of salad mix. It's easy to get melancholy this time of year after you have seen so much come to fruition and know that a lot of cold and long nights lie ahead. We welcome a little rest in the winter though, and the soil definitely calls for it.

I'm excited to share with you in this newsletter about our barn progress.



At long last, we signed our mortgage back in early August. It took about another month for a few more kinks to be worked out, but our builders, Jeff and Greg Dunnagan of Eagleview Construction broke ground on our barn/home last week. The electric is in place, the footings poured and insulation fitted. Now a little plumbing and then the floor can be poured, the framing, drywall, electric and interiors.



Four to four-and-a-half months from now and we will hopefully be able to move into our own place, just as our 10th season gets under way!

We are asking a lot of our new space: the upper story will be our living residence; the lower story, the washing, sorting and storage area for produce. Then a smaller, adjacent, but attached building will be the new market area for our on-farm CSA customers and the public in general. It's residential, commercial, and agricultural and probably the only building around that combines all three! It will be a trick to balance aesthetics and functionality, but with cedar siding and a standing seam metal roof, plus a lot of good landscaping, we are excited to see how it turns out!



While we are wrapping up the growing responsibilities for this season, we are actively planning for next season all ready. This last week we placed the order for a new transplant greenhouse, which will be by the barn. We have been so fortunate to use Principia's greenhouse, along with our unheated high tunnel, to grow transplants all these years. Now, we will have the perfect greenhouse just steps from where we live and where our fields are located!

This is just one of several improvements and purchases we will be making over the winter. During the winter months we take a step back and evaluate what we can improve (onions!), research new varieties and growing techniques, hire employees, bookkeeping and taxes, and ordering seeds, potting soil and lots of other tools. Growing vegetables is a seasonal effort, but running a farm business is a year-round life occupation.

Renewals for our 10th season will begin in just two weeks. And look for the extra newsletter sent today about our late Fall Storage Share.

## Enjoy the Harvest!

*Your Farmers,*

*Amy, Segue, Diego, Lydia,*

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



### *Local Thyme Recipes*

#### *Baked Eggplant Sticks*

Servings: 4

Prep Time: 25 mins

Cook Time: 15 mins

Total Time: 40 mins

## Ingredients

1/2 Eggplant, an average eggplant is about 1-1.5 pounds -- if you have an exceptionally large one, just use 8-10 ounces

2 teaspoons Olive Oil

Salt and Pepper, to taste

1/2 cup Breadcrumbs

1 teaspoon Italian Seasoning Mix, or a mix of dried basil, oregano, thyme

3 tablespoons Grated Parmesan Cheese

1 Egg

Spray Oil

Marinara Sauce

## Instructions

Cut your eggplant into equally sized 1/2 inch sticks. Place in a bowl and toss with olive oil, salt and pepper.

Combine the breadcrumbs, seasoning and cheese on a plate. Whisk the egg in a bowl. Season both with salt and pepper. Dip each stick into the egg, let the excess egg drip off, then dip each stick into the breadcrumbs, rolling to cover all sides. Lay each stick in a single layer, not touching, on the prepared baking sheet.

When all sticks are breaded, place the sheet in the oven and bake for 10 minutes, turn over and bake another 5 minutes until nicely browned. Serve with warm marinara for dipping.

## **Vegetarian Italian Wedding Soup**

Servings: 6

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

## Ingredients

12 cup Vegetable Stock

1 pound package Vegetarian Meatballs

6 cups Escarole, cored and chopped  
Salt and Pepper, to taste  
2 large Egg, divided use  
2 tablespoons Parmesan

### Instructions

Bring the broth to a boil in a large pot. Add meatballs and escarole, reduce to a simmer until escarole wilts and meatballs are cooked through, about 8 minutes. Combine remaining 2 eggs and 2 tablespoons Parmesan in a small bowl. Slowly drizzle the egg cheese mixture into the hot soup while stirring constantly. Season with salt and pepper and serve hot.

## Wilted Chard with Apples

Servings: 2-4

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

### Ingredients

1/4 cup Raisins

1 tablespoon Olive Oil

1 cup Onion, sliced

1 bunch Swiss Chard, stems removed and chopped separately from leaves

2 Apples, cored and chopped

Salt and Pepper

### Instructions

Place raisins in small bowl, cover with just enough hot water to immerse them. Set aside while you prepare your other ingredients.

Heat a frying pan over moderately high heat, add oil and when it shimmers, sauté onions and chard stems until wilted and beginning to brown, about 8 minutes. Add apples and sauté for a minute or two. Drain your raisins, reserving the water. Add in

chard greens and drained raisins along with a couple of tablespoons of raisin water. Toss veggies to coat, then cover and cook for about 3 minutes. Remove cover, and sauté until liquid evaporates. Taste and adjust seasoning.

## Pepper, Turnip and Potato Tagine

Servings: 4

Prep Time: 10 mins

Cook Time: 35 mins

Total Time: 45 mins

### Ingredients

2 tablespoons Olive Oil

1 Onion, trimmed, chopped

6 cups Vegetable Stock, divided use

1 14 ounce can Tomato, chopped

1 14 ounce can Chickpea, drained and rinsed

1/2 bunch Cilantro, tied together at stems, bruised

1 tablespoon Cumin

1 tablespoon Curry Powder

1 Cinnamon Stick

1 pinch Saffron

Salt and Pepper

2 Sweet Pepper, chopped

1 pound Potato, cubed

1 Salad Turnip, peeled and cubed

1 cup Pitted Prunes

1 cup Couscous , try quinoa or rice if you are gluten-free

### Instructions

Heat 1/2 of oil over medium high heat in a soup pot. Sauté onion for a few minutes, until just softened.

Stir in 4 cups of stock, chickpeas, and tomatoes, bring to a boil, skimming any foam that rises, then reduce heat to a simmer. Tie the stems of the cilantro sprigs into a knot to hold it in a bundle. Stir in cilantro, cumin, curry, cinnamon stick, saffron and

salt and pepper to taste. Add peppers, turnips and potatoes, simmer stew for about 20 minutes to marry flavors and soften veggies.

Meanwhile, bring 2 cups stock to a boil, drizzle in remaining tablespoon oil, then stir in couscous. Cover and remove from heat. After 5-10 minutes, fluff with a fork, season with salt and pepper, keep covered and warm until ready to serve. (If using rice, cook in stock according to package instructions.)

Stir in prunes, and simmer another 5-7 minutes longer, until tender. Discard bundle of cilantro and cinnamon stick. Season to taste and serve over couscous.

### [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](#)

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