

# LA VISTA CSG NEWSLETTER

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WEEK # 18

## Field Walk...

We have lost a familiar face and gained a few new ones in its place. Trish Grimm, one of the assistants for the year, worked her last week; she harvested her last summer squash, pulled her last weed! She can now devote her energies full time to the urban CSA that herself and Amy Gerth and two other partners are running. It was a great season working with Trish—funny and insightful conversation and a good eye. Amy and I will miss her in the fields.

However, just as we were saying goodbye to Trish we said hello to two new volunteers. This week, Jeff Walters from Principia College fulfilled his volunteer requirement by harvesting and weeding at La Vista. It was a pleasure to work with a young person passionate about the organic and sustainable movement (Jeff is an environmental science major). In addition, Bart, a new novice from the Oblate Novitiate has been coming out Fridays to help on the farm. He enjoys working hard and appreciates being outside and good conversation.

Finally, it has been a great season for volunteers. Thanks to the regular Friday crew—Eric, Robyn, Suzanne, and Carol. I love the energy you bring to what by then has been a very long week!

Thanks to all who have helped in ways big and small this season. Enjoy, *Farmer Amy*

## What's For DinnerII: carrot dill soup

*from Asparagus to Zucchini*

3 T butter  
1 ½ lbs carrots, sliced  
½ cup chopped onion  
6 cups chicken or vegetable stock  
1 bay leaf  
1 tsp sugar  
½ tsp freshly grated or ground nutmeg  
1 T chopped dill, or more to taste  
salt and pepper to taste  
Saute carrots and onions in butter over medium flame. Add chicken broth, bay leaf, sugar, nutmeg. Cover; cook until carrots are soft, 20 minutes. Remove bay leaf. Add dill and puree mixture. Season with salt and pepper. Makes 6.

## What's in Your Share:

potatoes, winter squash, dill bunches, carrots, swiss chard, peppers, onions, garlic, green beans (picked for you)

PYO: cherry tomatoes, parsley, and basil

**New Next Week:** spinach, radishes

## What's For Dinner: pepper pasta

*from Farm Fresh Recipes*

3 bell peppers  
3 lbs. Chicken breast cut in 2-inch pieces  
salt and black pepper to taste  
¼ cup vegetable oil  
1 onion, chopped  
4 cloves of fresh garlic, minced  
1 lb hot, cooked fettucine  
¼ cup teriyaki sauce  
¼ cup soy sauce

Cut peppers into strips. Season chicken with salt and pepper. Heat oil in large skillet over medium heat. Saute onion and garlic 1 minute to soften. Add chicken. Stir-fry 5 minutes. Add bell peppers; saute 3 minutes. Add teriyaki sauce and soy sauce; cover, reduce heat to low, and steam 2-3 minutes, until peppers are just tender. Pour mixture over pasta in serving dish. Season with black pepper. Serve hot.

## Mark Your Calendars!!

**September 6<sup>th</sup>**—begins our first annual food drive for the Alton Food Crisis Center. Please bring organic canned goods, dried goods (beans, etc.) and organic fruit will be accepted. Let's share our passion for healthy food with those less fortunate in our neighborhood. The drive will run up to the 18<sup>th</sup>.

**September 17<sup>th</sup>**—Fall Equinox celebration with the Earth Literacy Center and Fr. Maurice. Call 466-5004 for more information!

**September 18<sup>th</sup>**—Fall Shareholder Gathering at 4PM. Please bring chairs and a snack to share. This meeting will include an update from the Farmer, different committees, a time to share with other shareholders about your experience, and the Director for the Alton Food Crisis Center will speak about the organization and its needs.