



Riverdog Farm

June 19, 2017

Riverdog Farm Veggie Box News

Box Contents

1 lb. Napa Cabbage
1 lb. Mixed Summer Squash
1 bu Nantes Carrots
1 hd Cone Cabbage
1 lb. Yukon Gold New Potatoes
1 bu Red Beets
1 bskt Tomatillos
½ lb. White Nectarines

Box Notes: Welcome back summer squash! This is the first week of a steady supply of a variety of summer squash: Ronde De Nice, Zephyr, Crookneck, Costata Romanesco, as well as gold and green zucchini. This colorful array of squash is great for grilling, sautéing or eating raw as spiralized veggie noodles. The white nectarines are cosmetically challenged (the way they grew on the trees) and may have split pits, but are incredibly sweet and delicious! Since it's warm throughout the Bay area the recipes in this week's veggie box include some no-cook recipes. Beat the heat with chilled, shredded beet and carrot salad, cabbage coleslaw or potato salad!

Payment for the June deliveries is due by **May 31st, 2017.**

Tuesdays: \$96
Wednesdays: \$96
Thursdays: \$120
Fridays: \$120

Thank you for your payment if already sent!

Quarterly Payment Schedule

3rd Quarter
July / August / September:
Tuesday/Wednesday/Thursday/
Friday subscribers: **\$312**

4th Quarter
October / November / December:
Tuesday/Wednesday/Thursday/
Friday subscribers: **\$288**

To view the 2017 payment schedule visit:

<https://static1.squarespace.com/static/56be59f87c65e413043292e7/t/58407a12579fb31c9d905b45/1480620563398/2017csapaymentschedule.pdf>

Field Notes: We are prepared for this week's heat wave but it is no fun nonetheless! Our workdays will be two hours shorter than usual. We will be taking breaks more frequently and have encouraged all of our employees to stay hydrated. It is unusual for 110 degree days to last more than 4 days but that is the forecast for this week. Luckily next week will drop down to the low 90s and will provide some relief from the extreme heat of this week.

Pork Shares are available. The pork shares are a combination of smoked and cured pastured pork sausage and bacon along with cuts such as ribs, chops, and roasts. During the summer months, we also offer a BBQ pork share that includes lots of ribs (country, spare, or baby back) and pork cuts and sausage for grilling. The pork shares are \$8 per pound and range in total weights of 10 to 19 lbs. Please email the farm: csa@riverdogfarm.com to place an order!

Pastured sausage, bacon, ham steaks, pork cuts, and whole chickens are available. Place your order for Riverdog Farm's pastured meats by emailing: csa@riverdogfarm.com.

Save the Date: Saturday October 7 and 8, 2017 Hoes Down Harvest Festival at Full Belly Farm in Guinda. Visit: hoesdown.org for ticket information and volunteer opportunities.

Summer Squash with Garlic and Basil

From: <https://www.thespruce.com/summer-squash-pasta-with-garlic-and-basil-3061453>.

3 to 4 small to medium yellow summer squash or zucchini
2 teaspoons olive oil or butter
4 tablespoons chopped basil
2 medium cloves garlic, pressed
1/4 cup grated fresh Parmesan cheese, plus more for serving

Using a spiralizer, shred the squash into long strands. Alternatively, draw a julienne peeler down over the squash, making spaghetti-like strands. You may use a peeler to make thin, broader noodle-like slices as well.

Heat the olive oil in a large skillet over medium heat. Add the squash strands and garlic. Cook, stirring for a few minutes or until just slightly softened. Add the basil and continue cooking for about 30 seconds to 1 minute. Add salt and pepper to taste.

Toss the squash with the Parmesan cheese and serve immediately with extra Parmesan cheese on the side for sprinkling.

Yukon Gold Potato Salad

From: <https://www.surlatable.com/product/REC-229468/Yukon+Gold+Potato+Salad>.

2 lbs. Yukon Gold potatoes (skin on)
3/4 cup mayonnaise
2 teaspoons unfiltered apple cider vinegar
1 tablespoon Dijon mustard
Pinch of sugar
Salt & pepper to taste
2 to 3 medium celery stalks
2 tablespoon fresh chives
1 can black olives
2 tablespoon mint
2 tablespoon Italian parsley
Pinch of paprika

Fresh herbs, apple cider vinegar and tangy Dijon give this salad plenty of bright flavors.

Salt a large pot of water and bring to a boil. Place halved or quartered potatoes into water and boil lightly until the pieces can be pierced easily, be careful not to overcook. Strain off the boiling water and use cold faucet water to cool the potatoes down (or they will continue to cook) and set aside.

While potatoes are cooling, mix mayo, vinegar, mustard, sugar, salt and pepper together and set aside. Adjust seasoning, mustard and vinegar in the dressing to your

taste.

Finely slice celery and fresh chives and set to the side. Drain off olives and slice to desired size. Chop mint and combine celery, chives, olives and mint into one bowl until evenly mixed.

Once the potatoes are room temperature, chop into 1" x 1" bite sizes. Pour dressing mixture over spuds and fold into salad, without roughing up the potatoes. Pour in herb/vegetable mixture and fold in until lightly combined. Garnish with Italian parsley and a pinch of paprika.

Shredded Apple, Beet, and Carrot Salad

1/2 cup fresh orange juice
2 tsp. fresh lemon juice
2 cloves garlic, mashed into a paste
Kosher salt and freshly ground black pepper, to taste
1/4 cup olive oil
3 large carrots, peeled
2 large Granny Smith apples, peeled and cored
1 large red beet, peeled

Whisk juices, garlic paste, salt, and pepper in a large bowl. While whisking, slowly drizzle in oil until dressing is emulsified; set aside. Shred carrots, apples, and the beet using the large holes of a box grater. (Alternatively, pulse each vegetable individually in a food processor.) Transfer vegetables and apple to bowl with dressing; toss to combine. Let salad sit 30 minutes.

Tomatillo Salsa

From: <http://www.epicurious.com/recipes/food/views/tomatillo-salsa-239969>.

1 pound fresh tomatillos, husked, rinsed, and quartered
1 fresh serrano chile, seeded and chopped
1/2 large white onion, cut into 4 wedges
2 garlic cloves, chopped
1/2 cup water
1/2 cup chopped cilantro
1 tablespoon fresh lime juice

Coarsely purée tomatillos, chile, onion, garlic, water, and 1 teaspoon salt in a blender.

Transfer to a large heavy skillet and simmer, stirring occasionally, until slightly thickened, about 15 minutes.

Transfer to a bowl and cool to room temperature, then stir in cilantro, lime juice, and salt to taste.