



Riverdog Farm

June 26, 2017

# Riverdog Farm Veggie Box News

## Box Contents

1 bu Carrots  
1 lb. Mixed Summer Squash  
2 Slicing Cucumbers  
½ lb. Green Beans  
1 lb. French Fingerling Potatoes  
1 bu Parsley  
1 bsks Gold Nugget Cherry Tomatoes  
1 lb. June Pride Peaches and Santa Rosa Plums

**Box Notes:** It's another week of first appearances in the veggie box: first green beans, first cucumbers, and the first peaches! Summer crops are coming along at a nice pace. We picked our first melons today so they will be featured in your veggie box soon along with heirloom tomatoes.

**Field Notes:** We got through last week's heat wave and are feeling so relieved that the forecasted temperatures this week are expected to be in the mid 90s. Last week, the employees who work in the fields harvesting and weeding the crops finished each day by 12:30 pm. The temperature being 20 degrees lower - from 110 to 90 - makes a huge difference. But even on days when it's above 80 degrees we take precautionary measures to ensure that the employees are staying hydrated, have easy access to shade and take extra breaks to prevent heat stress.

**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](mailto:csa@riverdogfarm.com) to place an order!

Pastured sausage, bacon, ham steaks, pork cuts, and whole chickens are available. Riverdog Farm pastured chickens and hogs are certified organic animals. Riverdog Farm meat is not certified organic due to being processed in an off-farm facility that is not certified organic. Place your order for Riverdog Farm's pastured meats by emailing: [csa@riverdogfarm.com](mailto: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](http://hoesdown.org) for ticket information and volunteer opportunities.

Payment for the July deliveries is due by **June 30th, 2017**.

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

**Thank you for your payment if already sent!**

## Quarterly Payment Schedule

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

4<sup>th</sup> 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>

## Chick Pea and Green Bean Salad

From: <http://www.afamilyfeast.com/chick-pea-and-green-bean-salad/>.

- ½ cup thinly sliced red onion, cut into half circles
- 2 tablespoons fresh lemon juice
- 3 tablespoons extra virgin olive oil, divided
- ¾ pound fresh **green beans**, trimmed and cut into one-inch pieces
- 1 15.5-ounce can chickpeas, rinsed and well drained
- 1 teaspoon chopped fresh garlic
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 teaspoons water
- ½ teaspoon Dijon mustard
- ¼ cup fresh **parsley**, chopped
- ¼ cup fresh mint, chopped

Place sliced onions and lemon juice in a small zip lock bag and seal out air. Let sit at room temperature while you prepare the rest of the recipe. In a large sauté pan place 1 tablespoon of oil over medium high heat and add beans and sauté for five minutes. Add chickpeas and another tablespoon of oil and sauté for 8-10 minutes or until beans are tender. Add garlic, salt, pepper and water and cook for one minute. Remove from heat and cool to room temperature. In a small bowl, drain off liquid from onions and add the Dijon whisking to combine. While whisking add remaining tablespoon of oil to make vinaigrette. In a large bowl combine cooled pea and bean mixture, marinated onions, chopped parsley, chopped mint and dressing. Stir to combine and cool to room temperature before serving.

## Tangy Cucumber Salad

From: <http://www.inspiredtaste.net/23150/tangy-cucumber-salad-recipe/>.

- 2 cucumbers (about 1 1/2 pounds)
  - Kosher salt
  - 2 to 3 teaspoons granulated sugar, depending on how sweet you like the salad
  - 1/4 cup (60 ml) cider vinegar or distilled white vinegar
  - 2 teaspoons Dijon mustard
  - 1 medium red onion, thinly sliced
- <http://www.inspiredtaste.net/23150/tangy-cucumber-salad-recipe/>

Thinly slice cucumbers, toss with 2 teaspoons of salt then add to a colander set over the sink or bowl. Let sit for 30 minutes. Rinse cucumbers with cold water then squeeze excess water from them. (To make this easy, we add the cucumbers to a Clean dish towel then tie it up and squeeze). In a large bowl, whisk together 2 teaspoons of sugar, vinegar, and mustard. Taste then add the additional teaspoon of sugar if needed. Add cucumbers and red onion then toss. Refrigerate salad at least 1 hour and up to a day before serving.

## Lemony Summer Squash Bread

From: <http://www.creative-culinary.com/lemony-summer-squash-bread/>

- 1 cup melted butter
- 2 cups sugar
- 1/4 cup lemon juice
- 2 tsp. lemon zest
- 1 tsp. vanilla
- 3 eggs
- 3 cups flour
- 1 tsp. salt
- 1/2 tsp. baking powder
- 1 tsp. baking soda
- 2 cups grated summer squash

For the Glaze:

- 1 Tbsp. melted butter
- 1/2 cup powdered sugar
- 1 Tbsp. lemon juice
- 1 tsp. lemon zest

For the Sweet Roasted Lemon Garnish (edible and optional!): 1 lemon, halved lengthwise, thinly sliced, seeds removed, 1/2 teaspoon sugar, 1 Tbsp. olive oil  
Preheat oven to 325 degrees. Grease and flour 2 regular loaf pans or 4 mini pans.

Mix butter, sugar, lemon juice, lemon zest and vanilla until well blended. Add eggs one at a time and once all are incorporated beat for 2-3 minutes until light and fluffy. Sift flour, salt, baking powder and baking soda. Add dry ingredients to wet mixture and mix thoroughly.

Add squash and stir just to blend. Pour into prepared pans and bake at 325 degrees for 45 minutes for small loaf pans or 1 hour for regular size loaf pans.

Allow the pan to cool; remove the bread and place top down on a serving plate (makes for a nice presentation for the glaze and lemons).

Make the Roasted Lemons:

Cook lemon slices in a medium saucepan of boiling water 2 minutes to remove bitterness. Drain and pat dry. Gently toss lemon slices with sugar, and 1 Tbsp. oil in a medium bowl. Spread out on a parchment-lined baking sheet and bake until lemons are no longer wet and only slightly colored, 15–20 minutes. Let cool.

Make the Glaze:

Combine the melted butter and powdered sugar and stir until smooth; add the lemon juice and lemon zest and stir to combine. Add water or milk if necessary to get the right consistency. Pour the glaze over the top; covering it completely and letting excess dribble down the sides. Arranged sweet, roasted lemons on top.