



Riverdog Farm

June 25, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

1 lb. Mixed Summer Squash  
1 bskt. Mixed Medley Cherry Tomatoes  
1 lb. French Fingerling Potatoes  
1 bu. Basil  
1 bu. Carrot  
1 lb. Red Onions  
1 hd. Savoy Cabbage  
1 bu. Green Chard

## Check payment for July Deliveries is due by June 30<sup>th</sup>:

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

Thank you for your payment if already sent!

## Quarterly Payment Schedule:

### 3<sup>rd</sup> Quarter

July/August/September  
\$312

### 4<sup>th</sup> Quarter

October/November/December  
\$288

## Annual Payment

\$1,176  
(This amount includes 2 free boxes!)

To view the 2018 payment schedule visit:

[2018 Payment Schedule](#)

## Important Holiday Schedule Announcement!

All members with Wendsday CSA deliveries scheduled for 7/4 (next week). Your boxes will be delivered to your regular pick up site, on Tuesday July 3<sup>rd</sup>. There will be NO CSA DELIVERIES ON WENDSDAY JULY 4TH.

**Box Notes:** Basil, French Fingerling potatoes, and Summer Squash are making their first appearances in the veggie box this week. The French Fingerlings (and fingerling potatoes in general) have a waxier texture than the Yukon Gold or German Butterball potatoes. They make great hash browns (grated and cooked in oil in a skillet) because they hold their form. They also make a great potato salad for the same reason (not crumbly).

**Field Notes:** We experienced a heat wave over the weekend with temps reaching up to 106 degrees and a power outage Sunday night due to a downed power pole along State Route 16. Then the wildfires started just north of the farm in Lake County but we are out of harm's way and it hasn't gotten too smoky. Luckily, this week's forecast is expected to be cooler with temps in the low and mid 90s. The winds have slowed down too so hopefully, the wildfires will get under control.

We're excited to be growing sweet corn again this year! We'll start the sweet corn harvest in about 10 days. During the 3 drought years, we decided to not grow sweet corn due to its heavy water requirements. After last year's heavy winter rainfall we were able to grow sweet corn and are doing it again this year. Always popular at the farmer's market and in the CSA boxes, sweet corn is a summertime favorite. Also, eggplant and sweet peppers are soon to come.

**Event Announcement:** The Hoes Down Harvest Festival isn't happening this year. The event organizers felt they needed a break so the festival will resume in October 2019.

## Web Store Highlights:

To celebrate the summer cook-out season: Spare Ribs are on sale! Only \$8/lb. (down from \$10/lb.)

You can now order a Frog Hollow Farm CSA box (or two!) for delivery with your Riverdog Farm CSA Veggie box, or web store order. The Frog Hollow fruit is CCOF-certified organic.

**The catch: you must make your one time or weekly order no later than Sunday at midnight for delivery the coming week.** Frog Hollow fruit boxes come packed full of **3-4 varieties of exceptionally tasty, seasonal, tree ripened stone fruit.** Summer fruit boxes contain 7 lbs. of mixed CCOF-certified organic stone fruit that include many varieties of peaches, plums, nectarines and pluots. Visit their web site: [www.froghollowcsa.com](http://www.froghollowcsa.com) to learn more about their CSA program, farm, ethos and fruits.

**Each Fruit Box is \$27.75**

## Smashed Potatoes With Cabbage

Adapted from: <https://cooking.nytimes.com/>

### INGREDIENTS

2 pounds French fingerling potatoes, scrubbed  
Salt  
1 pound savoy cabbage (1/2 medium cabbage), quartered, cored and cut in thin shreds across the grain  
2 tablespoons unsalted butter or extra virgin olive oil  
2 heaped tablespoons chopped red onions  
2/3 cup low-fat milk (more as needed)  
Freshly ground pepper  
2 tablespoons minced chives (optional)

### PREPARATION

Cover the potatoes with water in a saucepan, add about 1/2 teaspoon of salt and bring to a boil. Reduce the heat to medium, cover partially and cook until tender all the way through when pierced with a knife, about 30 minutes. Do not drain the water, but using a skimmer or a slotted spoon, transfer the potatoes from the pot to a bowl. Cover tightly and allow to sit for five to 10 minutes. Then, using a towel to hold the potatoes steady (because they're still hot), cut them into quarters.

Meanwhile, bring the water back to a boil, add more salt if desired and add the cabbage. Cook uncovered until tender, five to six minutes. Drain.

Heat the butter or oil over medium heat in a large, heavy nonstick skillet, and add the scallions. Cook, stirring, until they soften, about three minutes. Add the potatoes. Smash the potatoes to a coarse mash in the pan with a potato masher or the back of your spoon. Stir in the hot milk, and mix together well until the potatoes have absorbed all the milk. Stir in the cabbage, and season generously with salt and pepper. Add the chives, stir together until heated through and serve.

### Tip

Advance preparation: You can cook the potatoes and cabbage several hours before proceeding with Step 3.

## Summer Squash Sauté with Basil & Tomatoes

From: <https://www.williams-sonoma.com/>

Ingredients (Serves 6):

2 Tbs. olive oil  
3 zucchini, cut into half-moons  
3 yellow summer squashes, cut into half-moons  
1 basket cherry tomatoes, quartered or halved  
Kosher salt and freshly ground pepper, to taste  
1/2 cup grated Parmigiano-Reggiano cheese  
3 Tbs. thinly sliced fresh basil  
Watercress leaves for garnish

### Directions:

In a sauté/simmer pan over medium-high heat, warm the olive oil. Add the zucchini and squashes and cook, stirring occasionally, until browned and just tender, 5 to 6 minutes. Add the tomatoes and cook, stirring occasionally, for about 1 minute. Season with salt and pepper.

Remove the pan from the heat and stir in the cheese and basil. Transfer the vegetables to a serving bowl and garnish with watercress leaves. Serve immediately.

Tip: Summer squashes contain a lot of moisture in the center, near their seeds. To reduce the amount of moisture released while quickly sautéing the squashes, cut them in half lengthwise and run the tip of a small spoon down the center of each half to quickly and easily remove the seeds. Then slice as directed in the recipe.

## Green Chard and Carrot Hash

Adapted from: <http://www.realfoodwithdana.com/>

### INGREDIENTS (Serves 6)

2 Tbsp. extra virgin olive oil  
1 yellow onion, sliced  
2 tsp. minced garlic (or 3 cloves, minced)  
3 - 4 large heirloom carrots, washed and grated\*  
1 bunch green chard, chiffonade (or chopped)  
1/4 cup chicken or veggie broth  
Juice and zest from 1/2 lemon  
sea salt: 1 pinch + 1/2 tsp., divided

### DIRECTIONS

Heat the oil over medium-low heat in a large sauté pan. When it's hot, add the onions and a small pinch of salt. Stir every few minutes until the onions are translucent, about 8-10 minutes. Be careful - if your pan is too hot they may burn! If this happens, add a little liquid to the bottom of the pan (about 2 Tbsp.) and stir until it evaporates.

Stir in the garlic and carrots and continue cooking until the onions are golden brown, for about 5 more minutes.

Add in the chard with 1/4 cup chicken broth. Stir so everything is evenly incorporated with the rest of the veggies, then pop the lid on the skillet.

Simmer until the greens are slightly wilted and tender, about 5-8 minutes. Don't let them overcook and get mushy.

Remove the lid, remove the pan from the heat, and stir in the lemon juice, zest and 1/2 tsp. salt. Taste and season with additional salt and pepper, if desired.

### NOTES

\*To grate my carrots, I chop them into large pieces and put them through a food processor attachment. You could also use a box grater or matchstick cut them.

## Caprese Salad

From: <https://www.foodnetwork.com/>

### Ingredients

3 vine-ripe tomatoes, 1/4-inch thick slices  
1 pound fresh mozzarella, 1/4-inch thick slices  
20 to 30 leaves (about 1 bunch) fresh basil  
Extra-virgin olive oil, for drizzling  
Coarse salt and pepper

### Directions

Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each, on a large, shallow platter. Drizzle the salad with extra-virgin olive oil and season with salt and pepper, to taste.