



Riverdog Farm

July 1, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 1 lb Yukon Gold Potato
- 1 bu Carrots
- 1 bskt Gold Nugget Cherry Tomatoes
- 1 lb Summer Squash
- 1 lb Santa Rosa Plums
- 1.25 lb Royal Blenheim Apricot
- 2-3 heads Napa Cabbage

Payment by check is due by July 31 for August Deliveries:

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

Thank you for your payment if already sent!

Quarterly Payment Schedule:

3rd Quarter

July/August/September
\$312

Annual Payment

\$1,152

(This amount includes 2 free boxes!)

To view the 2019 payment schedule visit:

[2019 Payment Schedule](#)

Don't Forget-holiday delivery changes this week! Tuesday, Wednesday, Farmer's Market Box pick up as usual, **Thursday & Friday pick up switched to tomorrow, 7/2 (Tuesday)**. Pick up hours as usual.

Refer a friend, get \$10! We know you're our best cheerleaders, and we want to thank you! Now when you tell a friend about Riverdog's CSA and they sign up for their first month of boxes, you'll *both* get a \$10 credit on your account! That means a free dozen eggs, some Riverdog pork, or just some extra veggies coming your way. Look out for an email in the next couple days with more details, and make sure to grab a couple flyers at your pick up site this week! This offer is available through the month of July.

Box Notes: The Santa Rosa plums are making their first appearance. They are juicy and ripe. The Royal Blenheim apricots - yield and sweetness/flavor - are incredible this year! Some may have slightly green shoulders, some may have a few exterior, cosmetic challenges, but their flavor, juiciness and sweetness are out of this world. They are ready to eat. Eat or slice and freeze them for smoothies ASAP as they continue to ripen off the tree. Next week look forward to cucumbers!

Save the Date: Hoes Down Harvest Festival, Saturday October 5, 2019 from 11 am to 11 pm. For ticket and event information visit: <http://hoesdown.org/>. Ticket sales are limited this year and only available via online, advance purchase.

2019 CSA Payment Schedule

Quarter 3: Wednesdays \$312 Thursdays \$312 Fridays \$312
Quarter 4: Wednesdays \$288 Thursdays \$288 Fridays \$288

Annual Payment (annual payers receive 2 complimentary veggie boxes): \$1,152

We encourage you to consider making the annual payment for your veggie box deliveries. This helps support the farm by providing advance purchasing power for labor, seeds, fertilizers, and other farming expenses that are essential to the farm's operations. Thank you for supporting the farm with your continued CSA subscription!

Rustic Plum Tart

From: <https://www.myrecipes.com/recipe/rustic-plum-tart>.

- 1-1/2 pounds plums, sliced
- 1/2 cup sugar
- 1/3 cup plum preserves
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground allspice
- 1/2 (15-oz.) package refrigerated piecrusts
- 1 tablespoon all-purpose flour
- 1 large egg
- 1 tablespoon sugar

1. Line baking sheet with parchment paper; coat parchment paper with cooking spray.
2. Preheat oven to 350°. Stir together plums and next 4 ingredients in a large bowl. Let stand 30 minutes, stirring occasionally.
3. Unroll piecrust on prepared baking sheet. Roll into a 12-inch circle.
4. Drain plum mixture, reserving liquid. Toss plums in flour.
5. Mound plums in center of piecrust, leaving a 3-inch border. Fold piecrust border up and over plums, pleating as you go, leaving an opening about 5 inches wide in center.
6. Stir together egg and 1 Tbsp. water. Brush piecrust with egg mixture, and sprinkle with 1 Tbsp. sugar.

Best Carrot Salad Recipe Ever!

From: <https://thehealthyfoodie.com/carrot-salad/>.

- 4 medium carrots grated
- 2 tbsp [raisins](#)
- 2 tbsp [dried cranberries](#)
- 2 tbsp [unsweetened shredded coconut](#)
- 2 tbsp [pecans](#) chopped
- 2 tbsp [walnuts](#) chopped
- 2 tbsp [pumpkin seeds](#)
- 2-3 tbsp chopped parsley

Dressing:

- 1 tbsp [avocado oil](#)
- 1 tbsp [apple cider vinegar](#)
- 1 tsp [unpasteurized honey](#)
- 1 tsp grated fresh gingerroot
- 1/2 tsp [Dijon mustard](#)
- 1/4 tsp [salt](#)
- 1/4 tsp ground black pepper

1. Combine all the ingredients for the salad in a large mixing bowl. Set aside
2. In a small container or measuring cup, combine the avocado oil, apple cider vinegar, honey, gingerroot, mustard, salt and pepper and whisk vigorously with a fork or flat whisk until well combined and slightly emulsified. Pour over the reserved salad and toss well.
3. Transfer to serving bowl and garnish with more pumpkin seeds, chopped parsley and grated coconut, if desired.
4. Serve immediately or place in the refrigerator for a couple of hours to allow flavors to meld.

Zucchini & Summer Squash Gratin with Parmesan & Fresh Thyme

From: <https://www.finecooking.com/recipe/zucchini-summer-squash-gratin-with-parmesan-fresh-thyme>.

Onion prep:

- 2 Tbs. olive oil
- 2 medium onions (14 oz. total), thinly sliced
- 2 cloves garlic, minced

Gratin Assembly:

- 1-1/4 lb. ripe red tomatoes, cored and cut into 1/4-inch slices
- 3/4 lb. (about 2 small) zucchini or other green summer squash, cut into 1/4-inch slices on the bias
- 3/4 lb. (about 2 small) yellow summer squash or golden zucchini, cut into 1/4-inch slices on the bias
- 3 Tbs. olive oil
- 1/4 cup fresh thyme leaves
- 1 tsp. coarse salt
- 1-1/4 cups freshly grated parmigiano reggiano
- Freshly ground black pepper to taste

1. **To cook the onions:** In a medium skillet, heat the olive oil over medium heat. Add the onions and sauté, stirring frequently, until limp and golden brown, about 20 minutes. Reduce the heat to medium-low if they're browning too quickly. Add the garlic and sauté until soft and fragrant, 1 to 2 minutes
2. Spread the onions and garlic evenly in the bottom of an oiled 2-qt. shallow gratin dish (preferably oval). Let cool.
3. **To assemble the gratin:** Heat the oven to 375°F. Put the tomato slices on a shallow plate to drain for a few minutes and then discard the collected juices.
4. In a medium bowl, toss the zucchini and squash slices with 1-1/2 Tbs. of the olive oil, 2 Tbs. of the thyme, and 1/2 tsp. of the salt. Reserve half of the cheese for the top of the gratin. Sprinkle 1 Tbs. of the thyme over the onions in the gratin.
5. Starting at one end of the baking dish, lay a row of slightly overlapping tomato slices across the width of the dish and sprinkle with a little of the cheese. Next, lay a row of zucchini, overlapping the tomatoes by two-thirds, and sprinkle with cheese. Repeat with a row of squash, and then repeat rows, sprinkling each with cheese, until the gratin is full.
6. Season lightly with pepper and the remaining 1/2 tsp. salt. Drizzle the remaining 1-1/2 Tbs. olive oil over all. Combine the reserved cheese with the remaining 1 Tbs. thyme and sprinkle this over the whole gratin. Cook until well-browned all over and the juices have bubbled for a while and reduced considerably, 65 to 70 minutes. Let cool for at least 15 min. before serving.