



Riverdog Farm

July 3, 2017

Riverdog Farm Veggie Box News

Box Contents

1 lb. Yellow Carrots
1 lb. Mixed Summer Squash
2 Slicing Cucumbers
¾ lb. Green Beans
1 lb. Yukon Gold Potatoes
1 hd Cone Cabbage
1 lb. Early Girl Tomatoes
1 lb. June Pride Peaches

Box Notes: We've packed the veggie boxes with 4th of July gatherings in mind. The Yukon Gold potatoes make a great potato salad, the green beans make a delicious salad – steamed and then tossed with minced garlic, salt, quartered Early Girl tomatoes and a drizzle of olive oil. The cabbage and carrots can be combined into a refreshing coleslaw. We wish everyone a Happy 4th of July holiday. The farm employees will be working a short day with a full day of pay to give everyone a chance to see some fireworks in the evening. The delivery schedule will stay the same despite the holiday.

Payment for the August deliveries is due by **July 31st, 2017.**

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

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: This year is our biggest ever plum fruit set: the trees have reached full maturity, they are 17 years old this year! The spring weather was perfect for the flowering phase, and the warm summer temperatures have been optimal for ripening the plums. The trees are loaded with fruit that doesn't ripen all at once, so we will feature them in the veggie boxes next 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. 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.

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.

Banana Strawberry Peach Smoothies

From: <https://www.williams-sonoma.com/recipe/banana-strawberry-peach-smoothies.html>.

- 1 1/2 very ripe bananas, peeled and frozen
- 4 to 6 strawberries, hulled and frozen, plus 2 strawberries for garnish
- 1/2 peach, pitted, plus 2 thin slices for garnish
- 3/4 cup peach nectar

In a blender, combine the bananas, the 4 to 6 strawberries, the peach and peach nectar, and process until thick and creamy. Divide between the glasses. Garnish each glass with a peach slice and a strawberry and serve immediately. Serves 2.

Garlicky Green Beans With Pine Nuts

From: <https://www.realsimple.com/food-recipes/browse-all-recipes/garlicky-green-beans-pine-nuts>.

- 1 1/2 pounds green beans, trimmed
- 2 tablespoons olive oil
- 2 large cloves garlic, thinly sliced
- 1/3 cup (about 2 ounces) pine nuts
- Kosher salt and pepper

Bring a large pot of salted water to a boil. Add the green beans and cook until just tender, 3 to 5 minutes.

Meanwhile, heat the oil in a large skillet over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the pine nuts and cook until golden brown, about 3 minutes.

Drain the green beans and transfer to the skillet. Add 1/2 teaspoon salt and 1/4 teaspoon pepper and toss to coat. Transfer to a serving bowl.

Caprese Skewers with Balsamic Drizzle

From: <http://iowagirleats.com/2012/02/02/caprese-skewers-with-balsamic-drizzle/>.

- 1 cup balsamic vinegar
- Cherry or grape tomatoes [RDF note- or quartered Early Girl tomatoes]
- Mini mozzarella cheese balls (could use regular

- sized ball cut into bite-sized pieces)
- Fresh basil leaves, cut in half if large
- Salt & pepper
- Toothpicks

Bring balsamic vinegar up to a boil in a saucepan, then lower heat to medium and simmer until it's the consistency of very thin maple syrup, about 10 minutes. Pour into a bowl and let cool.

Cut tomatoes in half. Thread a mini mozzarella cheese ball, basil leaf (fold in half if large) and a tomato half onto a tooth pick. Repeat with remaining ingredients. Sprinkle with salt & pepper, and then drizzle cooled balsamic reduction on top.

Summer Squash and White Bean Sauté

From: <http://www.eatingwell.com/recipe/252309/summer-squash-white-bean-saute/>

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, halved and sliced
- 2 cloves garlic, minced
- 1 medium zucchini, halved lengthwise and sliced
- 1 medium yellow summer squash, halved lengthwise and sliced
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 15- or 19-ounce can cannellini or great northern beans, rinsed (see Tip)
- 2 medium tomatoes, chopped
- 1 tablespoon red-wine vinegar
- 1/3 cup finely shredded Parmesan cheese

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until beginning to soften, about 3 minutes. Add zucchini, summer squash, oregano, salt and pepper and stir to combine. Reduce heat to low, cover and cook, stirring once, until the vegetables are tender-crisp, 3 to 5 minutes. Stir in beans, tomatoes and vinegar; increase heat to medium and cook, stirring, until heated through, about 2 minutes. Remove from the heat and stir in Parmesan cheese