



Riverdog Farm

July 10, 2017

Riverdog Farm Veggie Box News

Box Contents

1 bu Purple Carrots
1 lb. Mixed Summer Squash
1 Tuscan Melon
1 Yellow Baby Watermelon
¾ lb. Russian Banana Fingerlings
3 ears Bicolor Sweet Corn
1 lb. Early Girl Tomatoes
1 pt. Sweet 100 cherry Tomatoes

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>

Box Notes: This week's box includes an abundance of melons! The best way to enjoy all of the summer's finest fruits is to slice them and combine in a fruit salad, squeeze some lemon or lime juice over all, toss and eat! We're excited to include sweet corn for the first time this week. Here is the Sustainable Seed Company's description of the Tuscan melon variety: "Bursting with flavor and aroma. Thick flesh, small seed cavity. Salmon colored fruits are 2-3 pounds, sutured and finely netted. Striped outer skin."

Friendly reminder: For vacation skips, please contact the farm by Monday of the week you need to skip. We need advance notice for skips so that we can program the deliveries and adjust the harvest accordingly. Thank you and we hope you have a great summer!

Field Notes: Friday and Saturday were very warm again. We finished the workday early on Friday to beat the heat.

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), 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.

Potato, corn, and cherry tomato salad with basil dressing

From: <http://www.epicurious.com/recipes/food/views/potato-corn-and-cherry-tomato-salad-with-basil-dressing-12279>

Serves 8

Ingredients

2 tablespoons white-wine vinegar
1/2 cup olive oil
1 cup packed fresh basil leaves
2 1/2 pounds small red potatoes
the kernels cut from 6 cooked ears of corn
1/2 pound cherry tomatoes, halved

Preparation

In a blender or food processor blend together the vinegar, the oil, the basil, and salt and pepper to taste until the dressing is emulsified.

In a large saucepan combine the potatoes with enough cold water to cover them by 2 inches, bring the water to a boil, and simmer the potatoes for 15 minutes, or until they are tender. Drain the potatoes, let them cool, and quarter them.

In a large bowl combine the corn, the potatoes, the tomatoes, the dressing, and salt and pepper to taste and toss the salad gently.

Summer Squash Frittata with Herbs

From: <http://www.bonappetit.com/recipe/summer-squash-frittata-herbs>.

2 medium zucchini or other summer squash, coarsely grated
2 tablespoons olive oil, divided
1 small yellow onion, thinly sliced
2 garlic cloves, thinly sliced
Kosher salt, freshly ground pepper
1 tablespoon unsalted butter
12 large eggs, beaten to blend
1/3 cup crème fraîche or sour cream
1/4 cup ricotta
2 tablespoons finely grated Parmesan
1 1/2 cups (packed) mixed fresh tender herbs, such as basil, chives, parsley, and tarragon
2 teaspoons finely grated lemon zest
1 tablespoon fresh lemon juice
Crushed red pepper flakes (optional; for serving)

Preheat oven to 350°. Using your hands and working in batches, squeeze excess liquid out of zucchini (this is key to avoid a soggy frittata—do your best).

Heat 1 Tbsp. oil in an 8" or 10" cast-iron skillet over medium-

high. Add onion and garlic, season with salt and pepper, and cook, stirring occasionally, until onion is softened and beginning to brown, 5–8 minutes. Add zucchini and season with salt and pepper. Cook, stirring occasionally, until zucchini is cooked through and beginning to brown (mixture will look quite dry at this point), 5–8 minutes. Reduce heat to medium-low and stir in butter until melted.

Whisk eggs and crème fraîche in a large bowl and season with salt and pepper; pour over vegetables. Cook, stirring egg mixture and swirling pan frequently (be sure to scrape down the sides as well), until edges are just set (the texture of a very soft scramble), about 5 minutes. Dollop with ricotta and sprinkle with Parmesan. Transfer skillet to oven and bake eggs until puffed slightly and the center is set, 12–15 minutes. Let frittata cool in pan at least 10 minutes.

Meanwhile, combine herbs, lemon zest, lemon juice, and remaining 1 Tbsp. oil in a small bowl. Season herb salad with salt and pepper and arrange over frittata. Top with red pepper flakes, if using, and slice into wedges before serving.

Arugula, Watermelon and Feta Salad

From: <http://www.foodnetwork.com/recipes/ina-garten/arugula-watermelon-and-feta-salad-recipe-1949660>

Ingredients

1/4 cup freshly squeezed orange juice
1/4 cup freshly squeezed lemon juice (2 lemons)
1/4 cup minced shallots (1 large)
1 tablespoon honey
1/2 cup good olive oil
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
6 cups baby arugula, washed and spun dry
1/8th seedless watermelon, rind removed, and cut in 1-inch cubes
12 ounces good feta cheese, 1/2-inch diced
1 cup (4 ounces) whole fresh mint leaves, julienned

Directions:

Whisk together the orange juice, lemon juice, shallots, honey, salt, and pepper. Slowly pour in the olive oil, whisking constantly, to form an emulsion. If not using within an hour, store the vinaigrette covered in the refrigerator.

Place the arugula, watermelon, feta, and mint in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly and toss well. Taste for seasonings and serve immediately.

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