



Riverdog Farm

July 15, 2019

Riverdog Farm Veggie Box News

Box Contents:

1 bu Rainbow Chard
1 bu Carrots
1 bskt Sungold Cherry Tomatoes
1 lb Crookneck Squash
1 lb Tilden Apricots
¾ lb Santa Rosa Plums
1 lb Yellow Finn Potatoes
1 bu Basil

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](#)

Refer a friend, get \$10! We know you're our best cheerleaders, and we would like 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.

Field Notes: Although we're just getting started harvesting summer crops like tomatoes, peppers, and melons, we've already started planting for the fall. Leeks, beets, and carrots are in the ground!

Box Notes: The apricots this week are our later maturing variety called Tilden. They are a ripe-when-firmer variety so good to eat upon arrival and will keep refrigerated for a few days. We hope you enjoy the variety of flavors – both savory and sweet – in this week's veggie box. Look forward to peppers and melons in the coming weeks! Thank you for subscribing to the Riverdog Farm CSA!

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!

Summer Squash Roasted in Lemon and Olive Oil

From: <https://www.craftycookingmama.com/summer-yellow-squash-roasted-in-lemon-olive-oil/>

- 2 pounds summer summer squash yellow or crookneck
 - 3-4 tablespoon olive oil
 - sprinkle of garlic powder approx 1/8 teaspoon
 - sprinkle of pepper approx 1/8 teaspoon
 - sprinkle of paprika approx 1/8 teaspoon
 - freshly ground sea salt generously to taste
 - 1 large lemon
1. Preheat oven to 400°
 2. Prep baking sheet with aluminum foil.
 3. Rinse squash. Cut off ends and cut into desired size. I cut into quarters lengthwise and then cut into 1" pieces. Do not remove seeds or rinds - both are edible.
 4. Place squash pieces on baking sheet. Drizzle with olive and toss until completely coated.
 5. Lightly sprinkle garlic powder, pepper and paprika over squash.
 6. Generously season squash with freshly ground salt.
 7. Squeeze lemon juice over squash.
 8. Bake for 45 -60 minutes or until desired tenderness.

[You can grill all squash varieties (place on a bamboo or metal skewer) instead of roasting in the oven to reduce the indoor heat on these warm summer days - RDF note].

Black Bean Salad with Corn, Avocado & Lime Vinaigrette

From: <https://www.onceuponachef.com/recipes/black-bean-salad-with-corn-red-peppers-avocado-lime-cilantro-vinaigrette.html>

- 2 15-ounce cans black beans, rinsed and drained
- 3 ears fresh cooked corn, kernels cut off the cob
- 2 red bell peppers, diced
- 2 cloves garlic, minced
- 2 tablespoons minced shallots, from one medium shallot
- 2 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 2 tablespoons sugar
- 9 tablespoons extra virgin olive oil
- 1 teaspoon lime zest (be sure to zest limes before juicing them)
- 6 tablespoons fresh lime juice
- 1/2 cup chopped fresh cilantro, plus more for garnish
- 2 Hass avocados, chopped

1. Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill for a few hours or overnight.
2. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with a more chopped cilantro if desired. Serve at room temperature.

Ginger Plum Smoothie

From: <https://www.thespruceeats.com/ginger-plum-smoothie-2215747>

- 1 ripe plum (fresh or frozen, pitted but not peeled)
- 1/2 cup orange juice or other fruit juice
- 1/2 cup plain yogurt, or 1 banana
- 1 teaspoon grated fresh ginger

Put all of the ingredients in a blender and whirl until smooth. Let the blender run long enough so the mixture is truly pureed.

Additional fresh plum recipe suggestions:

<https://www.onceuponachef.com/recipes/late-summer-plum-cake.html>

<https://www.foodnetwork.com/recipes/ina-garten/plum-cake-tatin-recipe-1947445>

<https://www.aspicyperspective.com/fresh-plum-cake/>

<https://www.lilvienna.com/easy-plum-cake/>