



Riverdog Farm

July 30, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

¾ lb Green Beans  
1 ½ lbs Brandywine Tomatoes  
2 Slicing Cucumbers  
1 Orange Honeydew Melon  
1 bu Basil  
1 lb Globe Eggplant  
1 bskt Sungold Cherry Tomatoes

**Box Notes:** The veggie box this week represents the best of summer! Tomatoes, cucumbers, green beans, basil, eggplant and melon: each peaking with flavor and juiciness. A simple summer sandwich is a great way to experience the flavors of the produce in this week's box: thinly sliced cucumbers (leave the skin on), a slice of tomato, some feta cheese or other type of salty cheese, salt, pepper and avocado if you have it on hand. Voila! It's summer held in between two pieces of bread.

## Payment by check is due by July 31<sup>st</sup> for August Deliveries:

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

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](#)

**Field Notes:** Our region is experiencing thick smoke today from the Carr Fire near Shasta and the complex of fires in Lake and Medocino Counties. While the smoky air is no fun to work in, it's creating the plus of lower temperatures by filtering the sunlight. Hopefully soon, the fires will be contained. We are feeling for those who've lost homes and family members to the firestorms. Having experienced the threat of the wildfire in the County Fire that started in Guinda, seeing the flames lapping nearby was unsettling enough. Our hearts go out to those in the path of the fires.

## New Webstore Items

<https://csa.farmigo.com/store/riverdogfarmcsa>

## Boneless Loin Roast (\$12/lb)



## Orange Honeydew Melon (\$26.00/30lb)



## Jamie Oliver's Eggplant Parmesan

From: [The New York Times](#)

### Ingredients

3 medium-large eggplants, cut crosswise into 1/2-inch slices  
Olive oil

1 large onion, finely chopped

1 large clove garlic, thinly sliced

1 ½ teaspoons dried oregano

1 28-ounce can no-salt plum tomatoes or crushed tomatoes

1 tablespoon red wine vinegar

½ cup (packed) fresh basil leaves

Salt and freshly ground black pepper

½ cup freshly grated Parmigiano-Reggiano, or as needed

⅓ cup fine dry bread crumbs

*Preheat oven to 450 degrees. Brush both sides of eggplant slices with oil, and place in a single layer on two or more baking sheets. Bake until undersides are golden brown, 10 to 15 minutes, then turn and bake until other sides are lightly browned. Set aside. Reduce oven temperature to 375 degrees.*

*Meanwhile, in a large saucepan over medium heat, heat 2 tablespoons olive oil and add onion. Sauté until soft, about 10 minutes. Add garlic and dried oregano and sauté another 30 seconds. Add tomatoes and their juices, breaking up whole tomatoes with your hands. Cover, reduce heat to low, and simmer 15 to 20 minutes.*

*Add vinegar, basil and salt and pepper to taste. Into a 9-by-9-inch, 10-by-5-inch or 10-by-6-inch baking pan, spoon a small amount of tomato sauce, then add a thin scattering of parmigiano, then a single layer of eggplant. Repeat until all ingredients are used, ending with a little sauce and a sprinkling of parmigiano. In a small bowl, combine bread crumbs and oregano, if using, with just enough olive oil to moisten. Sprinkle on top. If desired, recipe can be made to this point and refrigerated. Bring to room temperature before baking.*

*Bake until eggplant mixture is bubbly and center is hot, 30 to 45 minutes depending on size of pan and thickness of layers. Remove from heat and allow to rest for 5 minutes before serving. Recipe can also be reheated.*

## Melon with Orange Ginger Syrup

From: [Martha Stewart](#)

### Ingredients

1 cup freshly squeezed orange juice, strained (about 4 oranges), plus zest of 2 oranges

1 cup sugar

1/2 ounce ginger, thinly sliced

2 tablespoons Cointreau (French orange liqueur)

1 small honeydew melon, cut in half, seeded

1 small canary melon, cut in half, seeded

1 cantaloupe, peeled, seeded, and cut into 1-inch wedges

Mint sprigs, for garnish

### Directions

Fill a large bowl with ice and water; set aside. Place the orange juice, sugar, and ginger in a small saucepan over medium heat; bring to a boil. Let simmer, stirring occasionally, until sugar has dissolved and syrup has thickened, about 15 minutes. Remove from heat; strain syrup into a clean bowl; add the Cointreau; stir to combine. Set bowl in ice bath, or chill in refrigerator, until syrup is cold.

Using different sizes of melon ballers, cut balls from the honeydew and canary melons. Place balls in a medium bowl; add 1/2 cup cold syrup and orange zest. Toss to combine.

To serve, arrange cantaloupe on a platter. Spoon melon balls on top. Serve extra melon balls on the side. Drizzle melons with syrup; garnish with mint.

## Melon Sorbet

From: [Food and Wine](#)

### Ingredients

2 1/2 pounds cantaloupe or honeydew melon—peeled, seeded and cut into 1-inch dice (about 4 cups)

3/4 cup Sugar syrup

Syrup recipe from: [The Pioneer Woman](#)

### Directions

Pour equal parts water and sugar in a saucepan. Remember, the sugar dissolves into the water, so 1 cup of sugar and 1 cup of water will not equal 2 cups of simple syrup. It's more like 1 ½ cups simple syrup once dissolved. Adjust your measurements as needed.

Heat the ingredients until dissolved. Stir the simple syrup and place the saucepan over medium heat. By the time the edges start to simmer, the liquid should be completely clear, not cloudy. Immediately remove from the heat source.

In a blender, puree the cantaloupe until smooth. You should have 2 1/2 cups of melon puree; reserve any extra for another use. Stir in the Sugar Syrup. Pour the sorbet base into an ice cream maker and freeze according to the manufacturer's instructions.

Pack the melon sorbet into an airtight plastic container. Press a sheet of plastic wrap directly onto the surface of the sorbet, cover and freeze until firm, about 4 hours. Scoop into bowls and serve.