



Riverdog Farm

July 31, 2017

Riverdog Farm Veggie Box News

Box Contents

1 bskt Shishito Peppers
2 ears Sweet Corn
½ lb. Green Beans
2 ea. Slicing Cucumbers
1 lb. Golden Jubilee Tomatoes
1 Cantaloupe
1 Orchid Watermelon

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: Melons continue to happen in a big way this week! We included 2 in your veggie boxes again. The Orchid melons are now at their peak flavor with a deep orange colored flesh. Enjoy the summer sweetness of melons for breakfast or for dessert after lunch or dinner. We were sampling melons at market last weekend. They are full of sugar and very juicy. Refreshing and thirst quenching.

Field Notes: Harvesting, trellising tomatoes, planting fall brassicas, and keeping the plants watered are the main farm activities this week. July, August and September are the farm's busiest months. While the days are very full, we still try to make time to go for a dip in Cache Creek to cool down and refresh. The creek, which is more of a river than a creek, runs down the east side of Capay Valley from the north to the south. Being in the creek is a way to remember the most important daily task – to enjoy life and the fruits of our labor.

Early Girl and Roma Tomatoes are available by the 20 lb. case for canning and making sauce: \$45 for 20 lbs. Place your order by emailing the farm: csa@riverdogfarm.com.

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 are having a great summer!

CSA Special Offer: For the next 6 weeks we are offering CSA members a summer sale price on racks of Spare Ribs: \$8/lb. (10 lb. minimum order) Please email the farm: csa@riverdogfarm.com to place an order for pastured pork ribs.

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 custom BBQ pork share. You can choose from a selection 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. Riverdog animals are CCOF certified organic. 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.

Green Beans and Cucumbers with Miso Dressing

From: <http://www.bonappetit.com/recipe/green-beans-and-cucumbers-with-miso-dressing>

Recipe by Chris Morocco

Ingredients

3 Persian cucumbers or 2 Slicing cucumbers
Kosher salt
1 pound green beans, trimmed
1 1½-inch piece ginger, peeled, finely grated
1 Serrano or Fresno Chile, finely grated
1 garlic clove, finely grated
⅓ cup unseasoned rice vinegar
¼ cup white miso
¼ cup olive oil
½ teaspoon toasted sesame oil
Toasted sesame seeds and sliced scallions (for serving)

Preparation

Lightly smash cucumbers with a rolling pin, and then tear into bite-size pieces. Toss with a pinch of salt in a medium bowl. Let sit to allow salt to penetrate.

Meanwhile, place green beans in a large resealable plastic bag, seal, and smash with rolling pin until most of the beans are split open and bruised.

Whisk ginger, Chile, garlic, vinegar, miso, olive oil, and sesame oil in a medium bowl until smooth. Add dressing to beans and toss around in bag to coat; season with salt.

Drain cucumbers and add to bag with beans.

Shake gently to combine. Transfer salad to a platter and top with sesame seeds and scallions.

Sautéed Shishito Peppers

From: <http://www.epicurious.com/recipes/food/views/sauteed-shishito-peppers-summer-best-new-bite-51153400>.

Heat a little olive oil in a wide saute pan until it is good and hot but not smoking. Add the peppers and cook them over medium, tossing and turning them frequently until they blister. They shouldn't char except in places. Don't rush. It takes 10 to 15 minutes to cook a panful of peppers. When they're done, toss them with sea salt and add a squeeze of fresh lemon. Slide the peppers into a bowl and serve them hot. You pick them up by the stem end and eat the whole thing, minus the stem, that is.

Herbed Sweet Corn and Tomato Salad

From: <http://www.thekitchn.com/recipe-herbed-sweet-corn-and-t-94408>.

Serves 6

6 medium ears sweet corn, shucked
4 medium tomatoes, as ripe as possible
1/4 cup (or small handful) fresh mint leaves
1/4 cup (or small handful) fresh mixed herbs — like Italian parsley, basil, rosemary, sage
1 tablespoon olive oil
Kosher salt and fresh black pepper, to taste
3 ounces soft goat cheese, chilled and crumbled

Bring a large pot of water to boil over medium-high heat. Add the corn and boil for 5 minutes. Drain and let cool.

Meanwhile, chop the tomatoes in quarters and scrape or squeeze out the juices and seeds. (Reserve, if you want, for a future batch of tomato sauce, or to mix into cream cheese for a fresh sandwich spread.) Chop the seeded tomato quarters into a rough dice. Pat dry with a paper towel to remove any extra moisture.

When the corn has cooled, stand each ear up in a wide, shallow bowl and slice the corn kernels off with a chef's knife. Toss the corn with the tomatoes.

Finely mince the mint and herb leaves and toss with the vegetables, along with the olive oil. Season to taste with salt and pepper, then crumble in the goat cheese and toss gently. Serve and enjoy!