



Riverdog Farm

August 6, 2018

Riverdog Farm Veggie Box News

Box Contents:

1 bskt Sweet 100 Cherry Tomatoes
1-2 Walla Walla Onions
1-2 Charentais Melon
1 lb Sweet Peppers
½ lb Green Beans
1 lb Listada Di Gandia Eggplant
1 ½ lbs Carrots

Payment by check is due by August 31st for September Deliveries:

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

Thank you for your payment if already sent!

Quarterly Payment Schedule:

3rd Quarter

July/August/September
\$312

4th 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](#)

Box Notes: The Charentais melon is our best tasting melon this week. We harvest all the melon varieties when they're ripe. They continue to ripen off the plant but we like to harvest them at their peak of sweetness for the fullest flavor. The signs of ripeness for Charentais are:

1. The skin goes from blue green to cream colored, with some blue stripes still showing
2. The melon slips easily off the plant from the stem end
3. We sample some in the field to taste test their sweetness

These harvest techniques apply to all the melon types except the watermelon – the main difference in ripeness indicators with the watermelon is that the green curlique tendril on the other side of the stem starts to dry out, becomes brown. When the curlique is half dry, the melon is perfectly ripe!

Field Notes: Still smoky conditions in the Capay Valley. We're monitoring the Calfire updates to have the current information about the fire's status. Hoping for improved containment as soon as possible.

New Webstore Items

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

Globe Eggplant (\$30/25lb)



Green Beans (\$40.00/10lb)



Niçoise Salad With Basil and Anchovy-Lemon Vinaigrette

From: [The New York Times](#)

Ingredients

- 1 large garlic clove, minced
- 2 anchovy fillets, chopped
- ¼ teaspoon salt, more as needed
- 2 tablespoons lemon juice
- ¾ teaspoon grated lemon zest
- ½ teaspoon Dijon mustard
- ⅓ cup olive oil, more as needed
- ¼ pound baby red potatoes
- ½ pound haricots verts or green beans
- 1 tablespoon finely chopped basil
- 8 radishes, cut into wedges, or 1 slender cucumber, peeled and sliced
- 2 large, ripe tomatoes, cut into wedges, or 1 pint cherry tomatoes, halved
- 2 (6 or 7-ounce) cans tuna packed in olive oil, drained
- 4 hard-boiled eggs (optional)
- ½ cup pitted kalamata olives, sliced
- Freshly cracked black pepper, for serving
- Flaky sea salt, for serving
- Torn basil leaves, for serving

Directions

Make the vinaigrette: Using the flat side of a knife, smash garlic clove, anchovy fillets and salt into a paste. Transfer to a small bowl and stir in lemon juice, zest and mustard. Using a whisk, slowly pour in olive oil while stirring constantly. Adjust seasoning as needed.

Place potatoes in a medium pot and cover them with 2 or 3 inches of cold water. Salt the water and bring to a boil. When water comes to a boil, continue cooking potatoes until fork tender, 10 to 15 minutes more. Add haricots verts during the last 1 minute of cooking (if using regular green beans, add them during the last 2 to 3 minutes of cooking depending on how thin they are). Drain vegetables and let sit until cool enough to handle but still quite warm. Halve potatoes, transfer to a small bowl along with the haricots verts and dress everything to coat with some (but not all) of the vinaigrette. When completely cool, toss in chopped basil.

On a large platter or four individual plates, arrange potatoes and haricots verts, radishes or cucumbers, tomatoes and tuna, and hard-boiled eggs, if using. Scatter olives over the top and drizzle with remaining vinaigrette. Serve garnished with freshly ground black pepper, flaky sea salt and torn basil leaves.

Prosciutto & Charentais Salad

From: [Monpetitfour](#)

Ingredients

- 4 large wedges of cantaloupe rind removed
- 4 slices of prosciutto
- 1 small bunch basil leaves

- 3 tsp basil oil or olive oil
- 1 tbsp balsamic vinegar
- sea salt and freshly ground pepper

Directions

1. Wrap each cantaloupe wedge with a slice of prosciutto, then plate each cantaloupe.
2. Mix the oil with the balsamic, before drizzling a small bit over each cantaloupe.
3. Add a tiny pinch of sea salt and freshly ground pepper to each cantaloupe before garnishing them with some basil leaves.

Briami (The Greek Ratatouille)

From: [OliveTomato](#)

Ingredients

- 4 medium potatoes
- 1 cup chopped tomatoes or sliced or cherry tomatoes (like I have used here)
- 3-4 eggplants
- 4-5 zucchini
- 1-2 onions
- 2 peppers optional
- 3 cloves garlic chopped
- 2 tablespoons tomato paste
- About a cup of olive oil
- About a cup of water
- 2 tablespoons dry mint
- 2 tablespoons oregano
- 1/4 cup parsley
- Salt/Pepper

Instructions

1. Preheat oven at 350 F (180 C)
2. Cut potatoes and eggplant in about 2 inch pieces, the zucchini in 1/2 inch slices. The onion in quarters and if using peppers in slices.
3. Pour all the vegetables in a large bowl. Add garlic, mint, parsley, oregano. Mix.
4. Mix the tomato paste with a bit of water (1 tablespoon) and add to the vegetables.
5. Add about 3/4 to 1 cup olive oil and mix well. We usually do it with our hands.
6. Transfer the vegetables to a large shallow pan, it should be able to fit all the vegetables in one layer.
7. Pour in a corner of the pan about 1/2-3/4 cup water and tilt the pan so that it spreads, but don't pour it over the vegetables. Pour more later if it seems like they are becoming dry.
8. Cover with aluminum foil and roast for about an hour.
9. After an hour check and see if the vegetables are cooked (you should be able to stick a fork in them easily).
10. If they are cooked, remove the foil and roast for another 1/2 hour until the potatoes start turning golden brown.
11. Let it cool and serve with bread and feta cheese. You can also serve cold.