



Riverdog Farm

August 7, 2017

Riverdog Farm Veggie Box News

Box Contents

1 lb. Green Beans
2 Rosa Bianca Eggplants
1 lb. Early Girl Tomatoes
1 lbs. Mixed Gypsy Peppers
2 Painted Serpent Armenian Cucumbers
1 Charlyn Melon

Box Notes: The Rosa Bianca eggplant is coming in from the fields with great color and is full sized. This variety of eggplant has a mild flavor and a dense texture. Slice in ½ inch thick rounds, drizzle olive oil over both sides, then sprinkle some salt over all. Place on hot grill and cook until translucent and soft, flipping with a spatula, about 20 minutes total. We sampled the melons at the farmer's markets this weekend – they are at their peak of sugar levels at this time. We hope you enjoy your pinnacle of summer veggie box this week!

Field Notes: We had a light sprinkling of rain on Friday. The sky was full of clouds most of Thursday and Friday with several dry lightening flashes appearing in the southern skyline Thursday evening. Each year in August we usually experience a mild summer storm. It's like a sneak peak of the winter rainy season and provides a refreshing break from the constant summer sun.

Pickling Cucumbers are available by the case: \$40 for 22 lbs. Place your order by emailing the farm: csa@riverdogfarm.com.

Early Girl and Roma Tomatoes are available 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.

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.

Payment for the September deliveries is due by **August 31st 2017**.

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

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>

Sicilian Eggplant and Pine Nut Caponata Recipe

By: J. KENJI LÓPEZ-ALT

From: <http://www.seriousseats.com/recipes/2015/02/sicilian-eggplant-pinenut-caponata-vegan-recipe.html>

1 cup pine nuts
1/2 cup extra-virgin olive oil, plus more for serving
1 small globe eggplant (about 1 pound), cut into 3/4-inch dice
Kosher salt and freshly ground black pepper
4 scallions, white parts only, sliced into 1/4-inch segments
1 rib celery, finely diced
1 red bell pepper, cut into 1/2-inch dice
4 medium cloves garlic, thinly sliced
2 tablespoons minced fresh mint leaves, plus more for garnish
2 tablespoons minced fresh parsley leaves, plus more for garnish
2 tablespoons tomato paste
1/2 teaspoon ground cinnamon
1/2 cup raisins
2 tablespoons capers, drained and rinsed
2 tablespoons sugar
2 tablespoons red wine vinegar
2 tablespoons balsamic vinegar

Toss pine nuts with 1 teaspoon olive oil and transfer to a large plate. Toast by microwaving on high power for 2 minutes. Continue microwaving at 30 second intervals until golden brown and nutty, 3 to 8 minutes total. Alternatively, toast in a toaster oven set at 375°F until golden brown and nutty, about 15 minutes. Set aside.

Heat 4 tablespoons oil in a large non-stick or cast iron skillet over high heat until shimmering. Add eggplant and cook, tossing occasionally, until completely softened and browned in spots (eggplant will initially absorb all of the oil then slowly release some of it), about 6 minutes.

Push eggplant to the side of the skillet and add 2 more tablespoons oil to the center. Add scallions, celery, bell pepper, and garlic and toss to combine with the eggplant. Cook, stirring and tossing frequently, until vegetables are softened and aromatic, about 3 minutes longer.

Add reserved pine nuts, mint, parsley, tomato paste, ground cinnamon, raisins, capers, sugar, red wine vinegar, and balsamic vinegar and toss to combine. Drizzle in remaining olive oil and bring to a simmer, adding water a tablespoon at a time as necessary until caponata has a sauce-like consistency that is loose, but doesn't run freely over a plate. Season to taste with salt and pepper.

Let mixture cool to room temperature or refrigerate in a sealed container for up to a week. Serve at room temperature garnished with extra mint leaves and a drizzle of olive oil if desired. Serve with toasted bread or pasta.

Quinoa with sweet tomatoes, green beans and basil

From: <http://yummysupper.blogspot.com/2013/08/quinoa-with-sweet-tomatoes-green-beans.html>

Ingredients:

1 cup quinoa
Sea salt
A couple of handfuls tender green or yellow beans (about 6 ounces), rinsed
1 pound dry farmed Early Girl tomatoes or firm sweet cherry tomatoes, rinsed
1/4 cup olive oil
3 cloves garlic, peeled and sliced into thin slivers
Chopped fresh basil leaves (or micro basil if you have access to it)
Optional: Crumbled feta

First make your quinoa: Using a fine mesh strainer, rinse quinoa with cool tap water, then place quinoa in a medium saucepan. Cover with 2 cups water and add a pinch of salt. Place saucepan on the stove top and bring the liquid to a boil. Turn down flame to low, cover and simmer quinoa for 15 minutes until tender. Let cooked quinoa rest for 5 minutes, then fluff with a fork. Let the quinoa sit in the saucepan while you prep the other ingredients.

The beans: Trim stem ends off beans and parboil them in salted water for 3-4 minutes until vibrant and tender. Immediately spread cooked beans onto a clean dishcloth and allow them to cool a bit before handling. Once the beans are cool enough to handle, slice them into bite-size pieces. Set beans aside while you prep the tomatoes.

The tomatoes: If you are using Early Girls, slice them into 6-8 wedges. If you are using cherry tomatoes, go ahead and cut the cuties in half. (By the way... do you use a serrated knife to cut your tomatoes? I find that it's so much easier.) Heat olive oil in a medium cast iron or heavy-bottomed skillet over medium heat. Add garlic slivers to the hot oil and let them sizzle for 20-30 seconds, then add tomatoes. Turn the heat up to medium-high and let the tomatoes cook for 2-3 minutes. Take pan from the heat and add the sliced beans to the tomatoes. Salt to taste.

Transfer quinoa to a serving bowl, stir in tomatoes, beans and all the juice and goodies from the pan. Salt to taste. Top with chopped basil and feta.

Charlyn Melon Description:

This sweet and juicy Ananas-type melon is renowned for its irresistible pineapple-like flavor. The aromatic, pale orange flesh has melt-in-your-mouth texture. The dark green rind matures to yellow or orange with a full net. Charlyn melons may be substituted for Crenshaw melons, exhibiting a similar full-flavored sweetness and a sturdy enough texture that can stand up to cooking. They can be used as a breakfast fruit and as a salad ingredient or used as an ingredient in cold soups and desserts. Seer the melons in a hot pan to caramelize their natural sugar content or grill on a fruit skewer with pineapple and mango. Pair with cucumber, berries, lemons, yogurt, honey, vanilla, chilies, sheep's milk cheese and salty cured meats. To store, keep melons at room temperature two to three days. Refrigerate ripe or cut melon up to three days.