



Riverdog Farm

August 14, 2017

Riverdog Farm Veggie Box News

Box Contents

1 lb. German Butterball Potatoes
1 Listada Di Gandia Eggplant
1 lb. Early Girl Tomatoes
1 Slicing Cucumber
1 lb. Mixed Mini Sweet Peppers
1 Charentais Melon
1 Yellow Baby Watermelon

Box Notes: This week we have included a mix of Aura and Glow sweet peppers in the box. These peppers are thick walled fruits that taper at the end. The sweet golden and bright orange fruits are incredibly viristal and can be used in many recipes raw or cooked. The Charentais melon is a superb French heirloom that originated in the Poitou-Charentes region circa 1920. It is considered by some to be the most divine and flavorful melon in the world. Its bright deep orange flesh is super sweet and very fragrant. Enjoy!

Field Notes: With the weather forecast promising temperatures in the 90's all week, the pack shed and field crews are getting a much-needed break from the blistering heat of the past 6 weeks. This mornings slight chill in the air and golden light is reminiscent of fall. While we all know more heat is on the way, we appreciate the break and the refreshing energy it brings.

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>

Rigatoni With Eggplant, Peppers, and Tomatoes

From: <http://allrecipes.com/recipe/174255/rigatoni-with-eggplant-peppers-and-tomatoes/>.

2 tablespoons olive oil
2 eggplants, diced with skin
1 red bell pepper, sliced
2 cloves garlic, minced
salt and black pepper to taste
1 tablespoon olive oil
6 tomatoes - peeled, seeded, and chopped
1 sprig fresh thyme, chopped
1 pound rigatoni pasta
12 basil leaves, chopped
12 black olives, sliced

Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Cook the diced eggplant in the hot oil, stirring frequently, until lightly browned, about 10 minutes. Stir in the red pepper and garlic; season with salt and pepper. Reduce heat to medium-low, cover, and cook until the vegetables are tender, about 20 minutes.

Meanwhile, heat 1 tablespoon of olive oil in a saucepan over medium-high heat. Stir in the chopped tomatoes, and bring to a simmer; season with fresh thyme, salt, and pepper. Reduce heat to medium-low and simmer until the tomatoes have reduced slightly, about 15 minutes.

Bring a large pot of lightly salted water to a boil; stir in the rigatoni and cook uncovered, stirring occasionally, until tender but still firm to the bite, about 13 minutes. Drain and return to the pot.

Stir the eggplant mixture into the pasta along with the basil and olives. Spoon the tomato sauce overtop to serve.

Charentais Melon with Spiced Quinoa, Yogurt, and Pistachio

From: <https://food52.com/recipes/14303-charentais-melon-with-spiced-quinoa-yogurt-and-pistachio>.

1 3/4 cups water
6 green cardamom pods, lightly crushed
1 cinnamon stick
1 cup quinoa, rinsed
1 tablespoon unsalted butter
salt

1/8 teaspoon orange flower water
1 Charentais melon, halved, seeds scooped out
1 seven ounce container of Greek yogurt
1/4 cup roasted pistachios, shelled and crushed
1 handful mint leaves
honey

In a small pot, bring the water to a boil. Add cardamom pods, cinnamon stick, and quinoa. Simmer and cover for 10-20 minutes until tender. Once it's finished cooking, fluff the quinoa with a fork and toss in the butter and a pinch of salt. Stir in orange flower water.

Stuff the melons: Fill the hollowed out melon halves with quinoa. Top the quinoa with a good dollop of Greek yogurt. Sprinkle with pistachios and mint leaves.

Drizzle with honey and enjoy!

Marinated Grilled Eggplant

From: <http://allrecipes.com/recipe/223371/marinated-grilled-eggplant/print/?recipeType=Recipe&servings=4&isMetric=false>.

1 teaspoon garlic salt
1 large eggplant, sliced into 1-inch thick rounds
1/4 teaspoon Asian fish sauce (optional)
1 tablespoon dried basil
1/4 cup balsamic vinegar
2 tablespoons olive oil

Sprinkle garlic salt over both sides of eggplant slices; let sit for 30 minutes to release water.

Place eggplant slices in a large dish; drizzle with fish sauce. Add basil, balsamic vinegar, and olive oil; stir to evenly coat. Marinate for about 15 minutes.

Preheat grill for medium heat and lightly oil the grate.

Remove eggplant from marinade and arrange on preheated grill; cook until tender, occasionally basting with marinade, about 5 minutes per side.