



Riverdog Farm

August 19, 2019

Riverdog Farm Veggie Box News

Box Contents:

1 bskt Shishito Peppers
1 Cantaloupe
2 lb Mixed Heirloom
Tomatoes
1/2 lb Purple Bell Peppers
1 bu Tokyo Turnips
1/2 lb Painted Serpent
Cucumbers

Payment by check is due by Aug 31 for September Deliveries:

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

**Thank you for your payment if
already sent!**

Quarterly Payment Schedule:

3rd Quarter
July/August/September
\$312

Annual Payment
\$1,152
(This amount includes 2 free
boxes!)

**To view the 2019 payment
schedule visit:**
[2019 Payment Schedule](#)

Field Notes: We made it through last week's heat wave. It was quite the doozy, with 3 days in a row hovering close to 107 degrees. We shortened the harvest days to avoid the hottest part of the day outdoors. The heat wave coincided with the Yolo County Fair. Despite the high temperatures, there was still great attendance in the evenings when the temperatures were cooler. The Yolo County Fair is one of the last fairs in the state to offer free admission. Luckily, we have experienced very few heat waves this summer like we did last week. It's been the coolest summer in a long time. The crops benefit from the milder temperatures and so do the employees. Hope you enjoy the end of summer as we transition to autumn.

Box Notes: Purple Bells are a mild sweet pepper. They are great raw in salads or added to soup broth. Tokyo Turnips have returned. Like the purple bells, they are also good raw or cooked. Painted Serpent Cucumbers are very mild and the seeds are small. No need to peel the skin.

Save the Date: Hoes Down Harvest Festival, Saturday October 5, 2019 from 11 am to 11 pm. For ticket and event information visit: <http://hoesdown.org/>. Ticket sales are limited this year and only available via online, advance purchase.

2019 CSA Payment Schedule

Quarter 3: Wednesdays \$312 Thursdays \$312 Fridays \$312
Quarter 4: Wednesdays \$288 Thursdays \$288 Fridays \$288

Annual Payment (annual payers receive 2 complimentary veggie boxes): \$1,152
We encourage you to consider making the annual payment for your veggie box deliveries. This helps support the farm by providing advance purchasing power for labor, seeds, fertilizers, and other farming expenses that are essential to the farm's operations. Thank you for supporting the farm with your continued CSA subscription!

Sautéed Shishito Peppers

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

1. Heat a little olive oil in a wide sauté 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.
2. 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.

Note: For variety, try a little toasted sesame oil instead of olive oil and finish them with togarashi. If you have leftovers, an unlikely event in my experience, chop off the stems and put the peppers in an omelet or some scrambled eggs.

Heirloom Tomato Salad with Pomegranate-Sumac Dressing

From: <https://www.thekitchn.com/recipe-heirloom-tomato-salad-with-pomegranate-sumac-dressing-recipes-from-the-kitchn-192889>.

- 3 tablespoons extra virgin olive oil
 - 1 tablespoon pomegranate molasses
 - 1 teaspoon lemon juice
 - 2 teaspoons sumac
 - Freshly ground black pepper
 - Fleur de sel or other flaky finishing salt
 - 2 pounds tomatoes
 - 1 small shallot, thinly sliced
 - 1 tablespoon each of fresh basil, mint, and parsley leaves
1. Whisk together the olive oil, pomegranate molasses, lemon juice, sumac, and pepper, and salt to taste.
 2. Slice the tomatoes into 1/4-inch-thick slabs. Arrange the tomatoes and shallots on a platter and drizzle with dressing. Depending on the size of the herbs, you can leave them whole or tear the leaves into smaller pieces. Scatter them on top of the tomatoes. Finish with salt.

Cucumber Juice

<https://www.thekitchn.com/summer-refreshment-cucumber-ju-58667>.

- 6 medium cucumbers
1. Set a strainer over a large bowl. For a less-pulpy juice, line the strainer with cheesecloth or coffee filters.
 2. Peel the cucumbers, slice off the ends, and chop into several large pieces. Run the cucumbers in a food processor until pulpy—about two minutes.
 3. Pour the cucumber mash into the strainer and use a spatula to gently stir the mash until no more juice is separating out. Store the juice and the pulp separately for up to one week.

RDF Note: Good to mix the cucumber juice with other juice combos: apple, melon, ginger, citrus or greens. Also, painted serpent cucumbers have such a mild skin that you don't have to peel them!