



Riverdog Farm

September 4, 2017

# Riverdog Farm Veggie Box News

## Box Contents

1.5 lbs. Black Pineapple  
Heirloom Tomatoes  
1 lb. Red Bell Pepper  
1 lb. Yellow Finn Potatoes  
1 lb. Fair time Peaches  
.75 lb. Rosa Bianca Eggplant  
1 Yellow Canary Melon

Payment for the September deliveries is due by **August 31<sup>st</sup> 2017**.

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

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

## Quarterly Payment Schedule

3<sup>rd</sup> Quarter

July / August / September:  
Tuesday/Wednesday/Thursday/  
Friday subscribers: **\$312**

4<sup>th</sup> 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>

**New to Riverdog Farm:** We are embarking on a new era for the CSA. We will now manage the CSA program using Farmigo, a web-based platform that gives you the freedom to manage your delivery schedule and make payments online. As an existing CSA member you have through the coming week to sign-up during the enrollment period to avoid a possible interruption in deliveries. **Please enroll by 5pm Friday 9/8/17.** We sent all members an email last Friday with detailed instructions on how to set up your new account. If you did not receive this email or you need assistance setting up your account online contact the farm, email us at: [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com) or call: 530-796-4100 between the hours of 9am and 5pm.

**Follow this link to enroll:** <https://csa.farmigo.com/join/riverdogfarmcsa>

**Box Notes:** The tomato plants continue to produce fruit despite the high temperatures. Our trellis method provides some indirect light so that some of the maturing fruit is not directly exposed to the sun allowing the tomatoes to ripen uniformly with some shade. Each row becomes a vertical green wall of tomatoes with the leafy stalks of the plants creating a shady oasis amongst the vigorous tomato bushes. The plants can grow as tall as 6 feet!

**Field Notes:** Record high temperatures hit the region over the weekend. The only way to stay cool was to plunge into some of the finest swimming holes in Cache Creek. The Rumsey Bridge in Rumsey and Nichols Park in Guinda are two of the great swimming spots. Rumsey tends to have fewer people, while Guinda has quite a few with families picnicking in the shade of the bridge.

**Early Girl Tomatoes** are available for canning and making sauce: \$45 for 20 lbs. Place your order by emailing the farm: [csa@riverdogfarm.com](mailto: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!

**Save the Date: Saturday October 7 and 8, 2017 Hoes Down Harvest Festival** at Full Belly Farm in Guinda. Visit: [hoesdown.org](http://hoesdown.org) for ticket information and volunteer opportunities.

From: <https://theviewfromgreatisland.com/polenta-tart-with-heirloom-tomatoes/>

Ingredients

2 cups polenta (stone ground yellow corn meal)  
 4 cups water  
 2 cups milk (I used reduced fat)  
 1 tsp salt  
 fresh cracked pepper  
 3 Tbsp. unsalted butter  
 1 cup grated Parmesan cheese  
 1 generous pint multicolored cherry tomatoes  
 1 medium heirloom tomato (pick a pretty color!)  
 3 Tbsp. extra virgin olive oil  
 1 or 2 tsp white wine vinegar  
 1 clove garlic, crushed and minced  
 salt and black pepper to taste  
 about 10 large basil leaves, cut in fine ribbons  
 more Parmesan cheese for garnishing

DIRECTIONS

Bring the water, milk and salt to a boil in a heavy bottomed pot. Slowly add in the polenta, stirring to avoid lumps. Lower the heat and let it cook gently for about 15 minutes. You will have to stir it most of the time. I like to use a silicone spatula. Be careful because the polenta will splatter as it bubbles, and it's hot. Take it off the heat and add the butter and the cheese. Mix well. Add some fresh cracked black pepper, and then taste and adjust the seasonings, if necessary.

Pour the polenta into a greased 9" spring form pan. (Note: I did not use quite all of the polenta because I didn't want my tart to be too thick.) Smooth it out quickly so the top is level. The polenta will begin to set up immediately. Let the polenta cool. You can remove it from the pan and then refrigerate it if you are not going to serve it shortly.

Meanwhile make the tomato topping. Do this no more than one hour before you want to serve the tart. Slice your cherry tomatoes in half. You can cut the larger ones in wedges, and leave the very tiniest ones whole. Chop the regular sized tomato in small chunks. Put them in a bowl with all the juices and add the oil, vinegar, garlic, salt and pepper.

Let the tomatoes sit at room temperature to allow the juices to flow and mingle for up to an hour. Just before you are ready to put the tart together, chop the basil and add it to the tomatoes. (Don't do this earlier or the basil may turn dark)

Just before you are ready to serve it, put the polenta tart on a platter or large plate. Spoon the tomatoes and their juices on top of the polenta. Don't worry if some fall off the side onto the plate, this is supposed to be a rustic dish. Garnish with some more basil leaves and sprinkle generously with Parmesan cheese.

EGGPLANT AND PEPPERS WITH FETA

FROM:

[HTTP://WWW.MARTHASTEWART.COM/332863/EGGPLANT-AND-PEPPERS-WITH-FETA?CZONE=FOOD/VEGETARIAN-CNT/VEGETARIAN-PARTY-](http://www.marthastewart.com/332863/EGGPLANT-AND-PEPPERS-WITH-FETA?CZONE=FOOD/VEGETARIAN-CNT/VEGETARIAN-PARTY-)

INGREDIENTS

2 large eggplants, ends trimmed, sliced into 1/3-inch-thick rounds  
 Salt  
 1 red bell pepper, cored, seeded, and sliced lengthwise into 8 pieces  
 1 yellow bell pepper, cored, seeded, and sliced lengthwise into 8 pieces  
 1 green bell pepper, cored, seeded, and sliced lengthwise into 8 pieces  
 1 orange bell pepper, cored, seeded, and sliced lengthwise into 8 pieces  
 1/3 cup olive oil  
 Kosher salt and freshly ground black pepper  
 1/3 cup feta cheese, crumbled (3 ounces)  
 1 tablespoon minced fresh marjoram, oregano, or basil, or a combination  
 1/4 cup extra-virgin olive oil  
 Juice of 1 lemon

DIRECTIONS

-Place the eggplant slices on a wire rack and sprinkle them lightly with salt on both sides. Set the rack aside until the eggplant begins to "sweat," usually 15 to 20 minutes. Blot the eggplant dry with clean paper towels.

-Arrange the eggplant and all the bell pepper slices on a large baking sheet, and brush both sides of all the pieces with the olive oil. Season with kosher salt and black pepper. Transfer the eggplant and peppers to the grill, in batches if necessary, and cook, turning them occasionally to promote even browning, until they are softened and nicely marked, 15 to 20 minutes.

-Transfer the grilled eggplant slices to a large platter, and top them with the pepper strips. Garnish with the crumbled feta and minced marjoram. Drizzle with the olive oil and lemon juice, and serve either warm or at room temperature.

Yellow Canary Melon:

The Canary melon is oval-shaped, with a smooth skin. When the melon is ripe, its hard rind turns bright yellow, it develops a corrugated look and a slightly waxy feel and its flesh will be pale ivory in color. The texture of the flesh is notably succulent, almost wet and semi firm, similar to a ripe pear. Within the flesh, the fruit bears a dry salmon-orange seed cavity. The melon possesses flavors both tangy and mildly sweet. Its aromatics linger with nuances of banana and pineapple and a slightly musky finish. Ideal weight for best flavor are melons weighing 4 to 5 pounds. Only choose Canary melons that are bright yellow (no green coloring on the skin) as these signal that they are mature and ready to eat. Melons harvested before maturity are considered to be of inferior quality as they will never reach the same level of true ripeness off the vine.

This description from our friends at Specialty Produce. More information can be found on their website at: [http://www.specialtyproduce.com/produce/Canary\\_Melon\\_4681.php](http://www.specialtyproduce.com/produce/Canary_Melon_4681.php)