



Riverdog Farm

Sept 9th 2019

Riverdog Farm Veggie Box News

Box Contents:

1 bu Red Beets
1 Cantaloupe
3 Slicing Cucumbers
1 bskt Sweet 100 Cherry Tomatoes
1 lb Mixed Sweet Peppers
1 ½ lbs Mixed Heirloom Tomatoes

Payment by check is due by Sept 30th for October Deliveries:

Tuesdays: \$120
Wednesdays: \$120
Thursdays: \$120
Fridays: \$96
Sat/Sun: \$96

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: September is one of the most colorful months on the farm. From the bright hues of peppers and tomatoes to the deep orange/yellow/green colors of the winter squash harvest, the beauty of the melding of summer and fall is all around us in the fields and in the packing shed where the produce is washed, sorted and packed for orders.

Box Notes: Remember to try out the beet greens as well as the roots. The greens are tender and succulent, with a flavor similar to spinach. Now that the nighttime temperatures are cooling down, we are featuring a fresh lasagna recipe in this week's newsletter for your dinnertime culinary delight. On the horizon, in about one month: carrots, winter squash, spinach, and little gem lettuce.

Riverdog Farm pastured pork and chicken orders are available via the webstore:

<https://csa.farmigo.com/store/riverdogfarmcsa>. Please place your order 24 hours prior to your delivery day. You can also order cases of tomatoes for making sauce or other produce items in bulk.

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.

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!

Easy Sweet Pepper Lasagna

From: <https://www.foodandwine.com/recipes/easy-sweet-pepper-lasagna>.

- 9 to 12 lasagna noodles
 - 1 tablespoon extra-virgin olive oil, plus extra for coating baking dish
 - 1 pound sweet peppers, seeded and sliced thin
 - 1 cup ricotta cheese
 - 1 egg
 - 1/4 cup grated Parmigiano Reggiano
 - Zest of 1 fresh lemon
 - 1/2 teaspoon kosher or sea salt, or to taste
 - Fresh cracked black pepper, to taste
 - 24 ounces tomato sauce
 - 16 ounces grated mozzarella cheese
1. Preheat oven to 375°. Lightly coat a 2-quart baking dish with olive oil and set aside.
 2. Cook lasagna noodles until al dente according to package instructions. Rinse under cold water until cool. Lay the cooked pasta flat and set aside.
 3. Heat a skillet over medium high heat. Add 1 tablespoon of olive oil and then add the sweet peppers. Cook for 3 to 5 minutes or until tender. Set aside.
 4. In a medium bowl, combine the ricotta cheese, egg, Parmigiano-Reggiano, lemon zest, salt and pepper. Set aside.
 5. Spread a light layer of tomato sauce on the bottom of the baking dish. Lay 3 to 4 lasagna noodles lengthwise over the sauce.
 6. Layer one-third of the remaining tomato sauce over the lasagna noodles and then layer half of the ricotta mixture. Layer half of the sweet peppers over the ricotta and then spread one-third of the mozzarella cheese. Repeat this pattern: noodles, sauce, ricotta cheese, sweet peppers and mozzarella cheese. Add a final layer of lasagna noodles and then add the remaining tomato sauce and mozzarella cheese.
 7. Bake lasagna for about 45 minutes or until the top cheese is melted and golden.
 8. Remove from oven; let cool for about 10 to 15 minutes before serving.

Easy Refrigerator Pickled Beets

From: <https://www.platingpixels.com/refrigerator-pickled-beets/>.

- 1 bunch red beets, tops cut off
 - 2 c red wine vinegar
 - 2 c water
 - seeds and spices of your choice
 - 2 Tbsp sugar
 - 1 Tbsp salt
1. Roast beets in the oven at 400° F wrapped in foil for 35 minutes. Remove from oven and cool to room temp.
 2. Scrub off the skin and thinly slice beets. Place into small mason jars and set aside.
 3. In a saucepan, combine vinegar, water, sugar, salt, bay leaf, and desired spices and/or herbs.
 4. Bring to a boil then pour over beets until they are submerged.
 5. Tightly seal on lids and let cool slightly at room temp.
 6. Place jars in the refrigerator for 4 to 7 days, then serve.

Southeast Asian Tomato Salad

From: <https://www.splendidtable.org/recipes/southeast-asian-tomato-salad>.

- About 2 teaspoons Asian fish sauce, such as nam pla or nuoc mam, or to taste
 - 2 teaspoons freshly squeezed lime juice
 - 1 teaspoon light brown sugar
 - 2 scallions, finely chopped
 - 1 fat garlic clove, minced (or use 2 small ones)
 - 1/2 jalapeño, seeded, if desired, and finely chopped
 - 3 large or 4 medium tomatoes, sliced 1/4 inch thick
 - 2 tablespoons chopped fresh Thai or regular basil
 - 2 tablespoons chopped fresh cilantro
1. In a small bowl, whisk together the fish sauce, lime juice, brown sugar, scallions, garlic, and jalapeño. (If you think your fish sauce is very salty, start with 1 teaspoon; you can add more at the end.)
 2. Arrange the tomato slices on a plate. Spoon the dressing over the tomatoes. Let stand for 10 minutes to allow the tomatoes time to release their juices. Sprinkle with the basil and cilantro; serve.