



Riverdog Farm

July 23, 2018

Riverdog Farm Veggie Box News

Box Contents:

1 ½ lbs Early Girl Tomatoes
1 Painted Serpent Cucumber
1 lb Mixed Peppers
1 Yellow Baby Watermelon
1 Musk Melon
¾ lb Green Beans
2 Jumbo Red Onions

Box Notes: The peppers are coming on with brilliant colors and we're excited to share them with you. The green beans are another new treat in the box this week. This year we are growing these, cranberry beans and black eyes peas.

The yellow baby watermelon and muskmelon are refreshing, sweet and crisp fruits. Great to share with friends on these summer days. The yellow baby was developed in Taiwan using a melon from New Hampshire and a melon from China. The painted serpent cucumber is originally from Armenia and is fantastic for slicing, putting in sandwiches and mincing/blending for sauces.

Web Store Highlights

<https://csa.farmigo.com/store/riverdogfarmcsa>.

**We've put several new varieties of organic melons on our webstore.
Below are our yellow baby watermelon and cantaloupe.**

New pork shares are also available.

Place orders for any of our pastured pork or chicken via the web store.

We offer 6 types of seasoned sausage, ground pork, pork cuts, bacon, ham, pork bone broth, and whole pastured chickens.

Payment by check is due by July 31st for August Deliveries:

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

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

Quarterly Payment Schedule:

3rd Quarter

July/August/September

\$312

4th Quarter

October/November/December

\$288

Annual Payment

\$1,176

(This amount includes 2 free
boxes!)

**To view the 2018 payment
schedule visit:**

[2018 Payment Schedule](#)

Farro and Painted Serpent Cucumber Salad

Adapted From: [The Bojon Gourmet](#)

Ingredients

1 cup farro (I use semi-pearled)
sea or kosher salt
2-3 medium-sized painted serpent
1 small bunch radishes
2 medium garlic cloves, peeled and pressed (or minced)
1/4 cup good olive oil, plus extra for drizzling
2-4 tablespoons fresh lemon juice (to taste)
2-3 teaspoons white wine vinegar (to taste)
black pepper
1/4 cup chopped mint leaves
1/4 cup chopped dill
2-4 ounces feta (I used Bulgarian sheep feta), sliced or crumbled

Directions

Bring a large saucepan of salted water to a boil. Drain the farro if you soaked it, and add it to the boiling water. Cook until the farro is tender but not falling apart, 30-45 minutes. Drain the farro, rinse with cool water, and drain again. Place the farro in a large bowl and set aside. (The farro can be cooked 1-2 days in advance and refrigerated.)

Slice the cucumbers into either 1/8" thick slices if skinny, or cut into 1" square chunks if fatter. Trim the radishes and slice them thinly. Add the cucumbers and radishes to the farro. Add the garlic, olive oil, the smaller amounts of lemon juice and vinegar, and a few pinches of salt and pepper. Toss well. Toss in the mint and dill and taste, adding more lemon, vinegar, salt or pepper if you feel the salad needs it. Scatter as much feta as you like over the top of the salad.

Note

If you soak your farro in cool water for 3 hours or up to overnight, it will cook more quickly and evenly. This is a fun place to showcase different varieties of cucumber; I used 2 painted serpents and 1 lemon cucumber. The best ones for this salad are ones with thin skin, dense flesh, and tiny seeds. English and Mediterranean varieties should all work well. Taste the skin before you cut them, and peel it away if it tastes bitter or tough. If your cucs have large seeds, you'll want to scrape them out; they will release liquid that could make the salad watery. I like this salad when freshly made. The mint will turn brown after an hour or two, so if you decide to make the salad ahead, add the mint at the last minute.

Green Beans with Ginger and Garlic

From: [New York Times](#)

Ingredients

2 ½ pounds green beans, trimmed
4 tablespoons vegetable oil
¼ cup minced fresh ginger (about 6 inches ginger root, peeled)
4 medium-size garlic cloves, minced

Direction

Bring a large pot of salted water to a boil, and fill a large bowl with ice water. Working in two batches, boil beans until just tender but still crisp and bright green. Start testing after 4 minutes or so, being careful not to overcook. When done, plunge beans into ice water to stop cooking, lift out immediately when cool and drain on towels. (Recipe can be made to this point up to a day in advance and kept refrigerated, wrapped in towels.)

When ready to cook, heat 2 tablespoons oil in a wide skillet over high heat. Add half the beans, half the ginger and half the garlic, and cook, stirring and tossing constantly, until beans are heated through and ginger and garlic are softened and aromatic. Sprinkle with salt, and remove to a serving dish. Repeat with remaining oil, beans, ginger and garlic. Serve grinds of black pepper. Serve immediately.

Muskmelon Salsa

Adapted From: [Whole Foods Market](#)

Ingredients

INGREDIENTS

1/4 cup fresh lime juice
1 fresh chili pepper, minced
1 tablespoon fresh basil, minced
1/2 teaspoon salt
2 cup muskmelon (or watermelon), diced
1 cup cherry tomatoes, halved
1/2 cup bell pepper, diced

Directions

Simply combine all ingredients and serve immediately.