

Box Contents:

1 bu Chioggia or Gold Beets
1 bu Carrots
2/3 lb Summer Squash
1½ lbs Yukon Gold Potatoes
1 lb Red Onions
½ lb Braising Mix
1 lb Royal Blenheim Apricots

Field Notes: We enjoyed great weather once the North Wind quit blowing late last week. Low to mid 90's with a gentle south breeze is hard to beat for mid June; we're soaking it in while we can. Our Pumpkin Seeding Picnic was a delightful and relaxing afternoon. Thanks to all who came and made it so fun. It was a young crowd with lots of kids to help tame our latest batch of barn kittens, feed the pigs, plant some pumpkins, and enjoy Cache Creek. Plan ahead for our yearly Pumpkin Picking Party on Sunday, October 19th, to harvest the fruits of our planting party. Our fifteen acres of barley is harvested and

in field bins, but we don't have our grain storage built yet to hold it. Anyone looking to sell an old silo that's crowding the back yard? With grain prices going crazy we are very grateful to have planted barley last fall. Our safflower is now in full flower but won't harvest for another six weeks. Happy Summer Solstice! Summer starts this weekend with summer goodness coming right on cue: squash this week, nectarines next with tomatoes to follow and green beans in full flower.

Third Quarter of 2008: The total for 13 deliveries of veggie boxes in the third quarter, beginning July through the end of September, is \$208. If you have any questions about your account status, please email us at csa@riverdogfarm.com or call (530) 796-3802.

Bulk Apricots: Royal Blenheims are still available. They may be from Good Humus (certified organic by Stellar) or ours. They are \$30.00 / 10 lbs and will be ready to eat. Please place orders no later than Sunday night for the week ahead.

Box Notes: Summer continues to creep into the box content. You'll find a mix of summer squash varieties: green and gold zucchini, crookneck, patty pan, and costata. Summer squash is sweet and delicious sautéed or steamed. Our summer potato harvest is taking place, and this week's box features new potatoes. The skin has yet to set, so the new potatoes should be kept in the fridge. Don't forget to eat your beet tops! You can add the tops to your braising greens. Braise them together with onions and garlic. Carrot bunches store better in the fridge with their tops removed. Some of you will receive Royal Blenheims from our orchard and others will receive apricots from our friends at Good Humus (certified organic by Stellar). Enjoy!

Potato Dumplings from *Roots: The Underground Cookbook* by Barbara Grunes and Anne Elise Hunt

6 medium-sized potatoes, peeled, quartered, boiled and drained	2 eggs, slightly beaten
½ cup farina or cream of wheat, uncooked	¾ cup all-purpose flour
1 tablespoon finely chopped fresh parsley	1 teaspoon salt
¼ teaspoon ground nutmeg	¼ teaspoon ground cinnamon

Put potatoes through a ricer; cool to room temperature. Fill a large deep skillet or Dutch oven with salted water to a depth of 1 ½ to 2 inches; heat to boiling while preparing dumplings. Place potatoes in a deep bowl; stir in remaining ingredients. Knead dough gently with hands to form a soft dough. Rinse hands with cold water. Form dough into balls, about 1½ inches in diameter; place on a plate or waxed paper until all are formed. Slide dumplings into boiling water. If they do not fit in a single layer, cook in two batches. Reduce heat; simmer uncovered 20 minutes. Remove with a slotted spoon and serve immediately.

Risotto with Summer Squash from *Essentials of Classic Italian Cooking* by Marcela Hazan

4 to 6 medium summer squash
2 tablespoons vegetable oil
3 tablespoons onion chopped coarse
½ teaspoon garlic chopped very fine
¼ cup freshly grated parmigiano-reggiano cheese

2 tablespoons butter
2 cups Arborio rice
Black pepper
Salt
1 tablespoon chopped parsley
5 cups homemade broth of choice

Soak the squash in cold water, scrub them clean, and cut off both ends. Cut the cleaned squash into disks ½-inch thick.

Put all the vegetable oil and chopped onion in a broad, sturdy pot, and turn on the heat to medium high. Cook and stir the onion until it becomes translucent, then add the chopped garlic. When the garlic becomes lightly colored, add the sliced squash, and turn the heat down to medium low. Cook for about 10 minutes, turning the squash from time to time, then add a pinch of salt. Continue cooking until the squash become colored a rich gold, another 15 minutes or so.

Bring the broth to a very slow, steady simmer on a burner near where you'll be cooking the risotto.

Add 1-tablespoon butter to the squash and turn on the heat to high. Add the rice, stirring quickly and thoroughly until the grains are coated well.

Add ½ cup of simmering broth, and cook the rice, stirring constantly with a long wooden spoon, wiping the sides and bottom of the pot clean as you stir, until all the liquid is gone. You must never stop stirring and you must be sure to wipe the bottom of the pot completely clean frequently, or the rice will stick to it. When there is no more liquid in the pot, add another ½ cup, continuing always to stir. Maintain heat at a lively pace.

Cook the rice until it is tender, but firm to the bite, with barely enough liquid remaining to make the consistency somewhat runny. Turn off heat, add a few grindings of pepper, the remaining tablespoon of butter, and all the grated Parmesan, and stir thoroughly until the cheese melts and clings to the rice. Taste and correct for salt. Mix in the chopped parsley. Transfer to a platter and serve promptly with grated Parmesan on the side.

Apricot Galette from *Vegetarian Cooking for Everyone* by Deborah Madison

18 ripe apricots, sliced in half
3 tablespoons butter, melted
3 tablespoons sugar or more to taste

1/3 cup crushed amaretti, biscotti, or dry bread crumbs

For Galette Dough:

2 cups all-purpose or whole wheat flour
½ teaspoon salt
½ cup ice water as needed

12 tablespoons cold, unsalted butter, cut into small pieces
1 tablespoon sugar

Mix the flour, salt and sugar together in a bowl. Cut in the butter by hand or using a mixer with a paddle attachment, leaving some pea-sized chunks. Sprinkle the ice water over the top by the tablespoon and toss it with the flour mixture until you can bring the dough together into a ball. Press it into a disk and refrigerate for 15 minutes if the butter feels soft.

Preheat the oven to 425 degrees. Roll the dough into a 14-inch circle, about 1/8 inch thick, and drape it over the back of a sheet pan. Leaving a border of 2 inches or so, cover the center of the dough with crumbs. Arrange the apricots over the crumbs, cut-side down, making a single layer or overlapping them if they're very large or if you have extra fruit. Fold the edges of the dough over the fruit, overlapping it to make wide pleats. Brush the dough with butter and drizzle any remaining butter over the fruit. Sprinkle both the crust and apricots generously with sugar. Bake for 15 minutes, then reduce the heat to 375 degrees and continue baking until the fruit is tender and the crust is browned, 20 to 25 minutes more. Remove and let cool to lukewarm before serving. Slice into wedges and serve with crème fraiche, a scoop of honey ice cream, or vanilla ice cream.