

**Box Contents:**

1 lb Early Girl Tomatoes  
2 lbs Yellow Finn Potatoes  
3 ears Sweet Corn  
2 hds Mei Qing Choi  
1 hd Batavian Crisp Lettuce  
½ lb Garlic  
1 bu Basil  
½ lb Royal Blenheim Apricots  
¾ lb Flavor Crest Peaches  
from Good Humus

**Field Notes:** Our first week of summer has been deliciously mild with most afternoons in the mid nineties and refreshing breezes and nights cooling comfortably. Many here in the Capay Valley are a bit superstitious about enjoying such pleasant weather, fearful that we'll evoke a fiery heat wave in July or August as penance for our pleasure. The summer plants love it and the spring plants can tolerate this weather. Our summer squash volume should be up by next week with cucumbers soon after. More tomatoes are on the horizon as are Gypsy Peppers to be followed by our usual mélange of sweet peppers through November. But not to worry, we start transplanting fall crops right after the Fourth. July is a zany experience as we continue to plant for our extended summer

veggie harvest while also planting fall and even winter harvest items like leeks. Our winter squash field went in this week and pumpkins for the fall pumpkin party go in next week.

**All July 4<sup>th</sup> Deliveries Will Shift to July 5<sup>th</sup>** Wednesday deliveries to Vallejo and the East Bay will be made on Thursday July the 5<sup>th</sup>. Tuesday and Friday deliveries will not change. If you have any questions, please contact the Farm.

**Monthly and Quarterly Payment Reminder:** Payment due the first week of July.

Payment for five Tuesday (Napa and Yolo Counties) deliveries in July is \$80

Payment for four Wednesday or Friday (East Bay and Sacramento) deliveries in July is \$64.

Third Quarter payment is \$208 for 13 deliveries in July, August, and September.

**Box Notes:** About seven years ago, I had a small but life-changing experience; a friend of mine introduced me to real tomatoes. Sweet and flavorful, they were Early Girl tomatoes from Riverdog Farm. That summer I began working for Tim and Trini at the Berkeley Farmers Markets, and now I'm living in the beautiful Capay Valley, where these delicious tomatoes are grown and harvested. You might find three to six ears of sweet corn depending on the size of the cob. Garlic and Mei Qing Choi, also known as baby Bok Choi, make a great pair. Trim the base of the choi, separate the leaves, and steam for 2 to 3 minutes. Place the greens on a plate. Heat a tablespoon of oil (I prefer a blend of sesame seed oil and peanut oil). Once the oil is hot, turn off the heat, add a minced clove of garlic, and stir. Pour the garlic-seasoned oil over the greens and salt to taste. It's simple and tasty. This is likely the last round of Royal Blenheim apricots from our farm. It's been a great season and we hope you enjoyed them! The Flavor Crest peaches come from our friends at Good Humus (certified organic by Stellar). A good way to store fresh basil is to take them out of the bunch and place the stem in a glass of water. Place in a cool, shaded space on your counter. The best way is to make a batch of pesto then store it for later use with pasta, toast, or sandwiches.

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

**6 medium-sized potatoes, about 2 pounds,  
peeled, quartered, boiled and drained**  
½ cup farina or cream of wheat, uncooked  
1 tablespoon finely chopped fresh parsley  
¼ teaspoon ground nutmeg

**2 eggs, slightly beaten**  
¾ cup all-purpose flour  
1 teaspoon salt  
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 1 ½ 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.

**Summer Potato Soup with Tomatoes and Basil** from *The Greens Cook Book* by Deborah Madison with Edward Espe Brown

<b>2 tablespoons butter</b>	<b>6 ½ cups water</b>
<b>1 large white onion, finely chopped</b>	<b>1 bay leaf</b>
<b>5 branches lemon thyme or culinary thyme</b>	<b>1 ½ pounds potatoes, washed and roughly chopped</b>
<b>1 teaspoon salt</b>	<b>1 pound ripe tomatoes, peeled, seeded, and finely chopped</b>
<b>4 tablespoon olive oil</b>	<b>White or black pepper</b>
<b>1 cup basil leaves, loosely packed</b>	
<b>Champagne vinegar or red wine vinegar to taste</b>	

Melt the butter in a soup pot with ½ cup of the water and add the onion, bay leaf, and thyme. Cook over medium-low heat 4 to 5 minutes; add the potatoes and salt. Cover the pot and stew for 5 minutes. Pour in the rest of the water and bring to a boil; then simmer, covered, until the potatoes are tender and falling apart.

Pass the soup through a food mill, and return it to the soup pot. Avoid using a blender, which will tend to make the soup gummy and glutinous. Taste for salt and add more if needed.

Warm a tablespoon of olive oil in a skillet, add the tomatoes, and cook over medium-high heat until the juice has evaporated and the tomatoes have thickened slightly. Break them up with a spoon to make a semi-smooth sauce, and season to taste with salt. Once the potatoes have been passed through the food mill, stir in the tomatoes.

Combine the remaining oil and the basil in a blender jar and puree. Season with salt and vinegar to taste.

Serve the soup with a spoonful of the basil puree swirled into each bowl and a generous grinding of pepper. If the soup thickens between the time it is made and served, thin it with additional water or, if you prefer, milk or cream.

**Tomato-Melon Gazpacho** from *The Minimalist Cooks at Home* by Mark Bittman

<b>4 tomatoes, about 1 ½ pounds</b>	<b>10 basil leaves</b>
<b>1 cantaloupe, about 3 pounds</b>	<b>Salt and black pepper</b>
<b>2 tablespoons olive oil</b>	<b>Juice of a lemon</b>
<b>1 ½ cups of water or 1 cup water and ½ cup ice cubes</b>	

Core, peel, and seed the tomatoes; cut the flesh into 1-inch chunks. Seed the melon and remove the flesh from the rind; cut into chunks. Place a tablespoon of olive oil in each of two 10- or 12-inch skillets and turn the heat under both to high (you can do this sequentially if you have only one skillet). Add the melon to one skillet and the tomatoes to the other and cook, stirring, until they become juicy, no longer than 2 minutes.

In a blender, puree the melon, tomato, water, and basil, along with some salt, pepper, and the remaining olive oil. Chill, then add lemon juice to taste and adjust seasoning. Serve.