

Riverdog Farm Veggie Box News

PO Box 42 Guinda, CA 95637

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June 27, 2011

www.riverdogfarm.com

csa@riverdogfarm.com

Box Contents:

¾ lb Summer Squash
1 bu Cilantro
1 lbs Carrots
¾ lb Broccoli
¾ lb Cauliflower
1 bu Dino Kale
1½ lbs French Fingerling Potatoes
2 hds Lettuce
½ lb Spinach
1 bu Red Beets

August Payment due by July 29, 2011:

August payment for five **Wednesday** deliveries is \$100.

August payment for four **Thursday / Friday** deliveries is \$80.

If you have any questions about your account status, please email us at csa@riverdogfarm.com or call (530) 796-3802

Please check the "Ordered Through" column on the sign-out sheet. If the printed date in the column is earlier than the end of the month, your payment for the remainder of the current month is due by the date. Without timely receipt of payment, deliveries may be interrupted.

Almond Butter: 2-jar order of almond butter is \$24. *Dozen jar case rate no longer available.*

Please email or call us to place your order by the Friday before your delivery day. Please mail your payment to our address when you place the order.

Field Notes: While a week of gorgeous summer heat got us and the plants into the summer groove, we are now back into extended spring for a few days. Tuesday's rain shut down our planned start of wheat harvest, to be followed by barley and triticale for a few days until the sun and a breeze can dry it out again. Hopefully it won't lie down, known as lodging, in the storm. We hustled to pick up the last of our garlic and onions that were still drying out from the last storms. A day or two of rain and cool won't cause many problems, especially as we're expecting a return to 100F+ by Saturday. If anything it will help our lettuce and greens hang in for a little longer. Happy Independence Day this weekend.

Box Notes: We began our summer potato harvest, and we have new potatoes this week! French Fingerlings are a waxy type of potatoes that holds its shape well boiled. If having or attending a gathering this weekend, make a potato salad! If storing for later use, please put the potatoes in a dark bag and store in the fridge. Over this past weekend, I enjoyed a spinach-beet salad with shredded carrots. The beets were steamed, peeled, and sliced. For this coming weekend's gathering with the neighbors, I think I'll try for a veggie terrine using beets, carrots, potatoes, and spinach. Have a beautiful weekend!

French Fingerling Potato Salad

From <http://www.yumsugar.com/Fast-Easy-Recipe-French-Fingerling-Potato-Salad-9186853>

2½ lbs French Fingerling Potatoes, halved or quartered if large
[uniform chunks work best – RDF]

Coarse salt and ground pepper

¼ cup olive oil

3 tablespoons Dijon mustard

2 tablespoons sherry vinegar **¼ small red onion, sliced**

1 small shallot, minced (about 2 tablespoons)

3 tablespoons chopped fresh parsley

1 teaspoon chopped fresh thyme

Place potatoes in a large pot; cover with cold water and season generously with salt. Bring to a boil. Reduce to a simmer and cook until potatoes are tender, about 15 minutes. Run under cold water to cool slightly, then drain.

In a large bowl, whisk together oil, mustard, vinegar, shallot, parsley, and thyme. Season with salt and pepper. Add potatoes and onion and toss to combine. Serve at room temperature. To store, refrigerate, up to overnight.

Grilled Shrimp with Cilantro Sauce Recipe

From: <http://www.tasteofhome.com/Recipes/Grilled-Shrimp-with-Cilantro-Sauce>

1½ cups fresh cilantro leaves

2 garlic cloves, peeled

1½ teaspoons lemon juice

6 uncooked jumbo shrimp (about 1/3 pound), peeled and deveined

4 teaspoons minced fresh gingerroot

3 tablespoons plus 1½ teaspoons canola oil

1 teaspoon lemon-pepper seasoning

Riverdog Farm Meats:

Riverdog Farm chickens and hogs are CCOF certified organically raised animals. Meat is processed in non-organic USDA inspected facilities, and therefore meat is not certified organic.

White Cornish: 3.50 to 6-lb whole (head & feet-on) chickens at \$4.50 per pound.

Poulet Rouge: 3.50 to 6-lb whole (head & feet-on) chickens at \$5 per pound.

Pork Shares: 15 to 20-lb pre-packed cases of assorted cuts at \$7 per pound.

Pork Sausages: 10-lb order of assorted styles is \$65.

Smoked, Plain or Peppered Bacon: 5-lb order of bacon is \$50

Smoked Whole or Breakfast Steak-cut Hams: Whole hams range between 5 to 10 lbs and ham steaks range between 2 to 4 pounds. Hams are \$9 per pound.

To request a list of pork shares or to place an order, please email csa@riverdogfarm.com. Meat is delivered frozen.

Have a friend who'd enjoy our CSA program?

Endorsement from members who enjoy our service is the best advertisement we could ever hope for! If you like what we do and know folks who would enjoy receiving our weekly veggie box deliveries, please have them give us a call, send us an email, or visit www.riverdogfarm.com.

In a small food processor, combine the cilantro, ginger and garlic; cover and process until cilantro and garlic are chopped. While processing, gradually add oil and lemon juice in a steady stream until smooth. Transfer to a small serving bowl; set aside.

Coat grill rack with cooking spray before starting the grill. Thread shrimp onto two metal or soaked wooden skewers. Sprinkle with lemon-pepper. Grill, uncovered, over medium heat for 5-8 minutes on each side or until shrimp turn pink. Serve with cilantro sauce. Yield: 2 servings.

Beet and Carrot Salad with Cilantro Lime Vinaigrette

From http://www.californiagardens.com/Cooks_Corner/Beet_and_Carrot_Salad_with_Cilantro_Lime_Vinaigrette.htm

2 medium beets, peeled and sliced
2 medium carrots, peeled and sliced diagonally
1 cup fresh peas
1 medium cucumber, peeled, seeded, and diced

For vinaigrette:

6 tablespoons olive oil **3 tablespoons fresh limejuice**
2 tablespoons chopped fresh cilantro
2 garlic cloves, minced **Salt and pepper to taste**

Lightly steam beets, carrots, and peas in separate batches (since each will require varying amounts of cooking time) until tender but still bright in color. Mix in a large bowl and add the cucumber.

In a separate bowl, whisk together vinaigrette ingredients and drizzle over vegetables. Toss the vegetables with the vinaigrette and chill until ready to serve.

Beet & Spinach Pulav from Windrush School's veggie box newsletter authored by Berkeley-based caterer extraordinaire Lucy Aghadjian

2 cups basmati rice **½ cup sliced onion**
1 cup beetroot finely chopped **½ cup chopped spinach**
½ cup vegetables – green peas, cauliflower
2 bay leaves **2 cardamom seeds**
Ghee/oil **1 teaspoon coriander seeds**
1 teaspoon cumin seeds **4-5 cloves**
1 teaspoon Cinnamon **1½ teaspoon chili powder**
1 teaspoon chopped ginger **1 teaspoon chopped garlic**
Salt

Heat oil and add coriander seeds, cumin seeds, cloves, and cinnamon. Grind to a smooth paste with ginger and garlic (I use mortar and pestle to make the paste).

Heat a little ghee and add bay leaves, cardamom, onion, spice paste. Fry till onions turn slightly brownish. Add chopped beetroot, fry for a minute.

Pour in about 2 tablespoons water, cover and cook for about 2-3mins (helps in cooking beetroot faster) till water is absorbed.

Now add rice and all other vegetables, spinach and fry for few minutes. Add salt, chili powder, about 4 cups water. Mix well. Cover and cook on a medium heat till done. Serve hot with a cool raita.