

Riverdog Farm Veggie Box News
PO Box 42 Guinda, CA 95637

June 28, 2010
www.riverdogfarm.com

Box Contents:

1½ lb Apricots
1 bu Radishes
1 hd Cabbage
½ lb Summer Squash
1 bu Curly Kale
1 bu Tokyo Turnips
1 lb Garlic
3-4 hds Baby Lettuce

(530)
796-3802
csa@riverdogfarm.com

Field Notes: Cache Creek is now warm enough for rafting or tubing. On Father's Day, we borrowed our local fire department's inflatable raft, along with 2 kayaks, and spent an afternoon lollygagging down the river with our 3 dogs who love water play (hence the name: Riverdog Farm). It was a good way to tire out the dogs and rejuvenate the humans. If you're interested in checking out Capay Valley and floating down the upper portion of the Cache Creek this summer check out the rafting websites: <http://www.cachecanyon.com/Home/Welcome.html> or <http://www.gotwhitewater.com/>.

These companies run rafting trips each weekend during the hot summer months. The float offers viewing opportunities of Swallows nests, up close, along the river where the banks are steep, occasional eagles, turtles and hawks galore. One year we spotted curious river otters swimming next to the kayaks.

Box Notes: Apricots are from Good Humus Farm (certified organic by Stellar Certification Services) in Capay. This is the first week of summer squash in your boxes. We raise a variety of colors and shapes of summer squash but they all have a similar flavor. A quick tasty way to prepare the squash is to cut into one inch pieces, sauté in olive oil, sprinkle with some chili flakes, and a dash of salt. When the squash is slightly browned and "sweating" (almost translucent) it is ready to eat. Another way to prepare the squash is to cut into evenly sized pieces and slide onto skewers along with cherry tomatoes, cubed meat or tofu, and quartered onions for kebabs on the grill.

Payment Reminder: The veggie box price is \$20 per week. Payment for August is due July 30, 2010.

Monthly payment for four **Wednesday / Thursday / Friday** deliveries in July 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 printed date. Without timely receipt of payment, deliveries might be interrupted.

Riverdog Farm Organic Almond Butter: We are now offering two 1-pound jars of Almond Butter. Each two-jar order is \$24. A full case of 12 jars is \$120.00. The almond butter is certified organic by CCOF and is available crunchy or creamy. Please place your order by Friday prior to your delivery day. Send payment when you place your order. The almond butter is made with the 2009 nut crop. The jars are beautifully labeled and make great gifts.

Note about Riverdog Farm meats: Our meats program is not subscription based. That is, each order happens on a first-come, first-served basis without recurring commitments. And our meats are available to non-CSA members as well. If you know folks interested in pastured pork or chickens, please have them send us an email for an availability list. Delivery/Pickup TBA at the time of ordering. Thank you!

Riverdog Farm Pastured Broilers: Riverdog Farm meat birds are not certified organic. Whole head & feet-on broilers are delivered frozen.

Cornish: Plump 4 to 6 pound birds at \$4.50 per pound

Dark Cornish: Delicious 3 to 4 pound birds at \$6 per pound

Riverdog Farm Pastured Pork: Riverdog Farm hogs are certified organic (CCOF) animals. Meat is processed in non-organic facilities, therefore pork is not certified organic. Pork is delivered frozen.

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

Boneless Ham: 3 to 5 lb ham at \$10 per pound

Smoked Bacon: 5 lbs of bacon is \$50

Pork Sausages: 10 lbs of assorted styles is \$65

Email csa@riverdogfarm.com for more information or to request a list of pork shares. Visit our *Hog Blog* (riverdoghog.blogspot.com) to view photos of our pigs.

Calabacitas from <http://sites.google.com/site/eggsonsunday/calabacitas>

2 tablespoons vegetable oil

1 medium onion, diced

2 garlic cloves, minced

1 medium zucchini, quartered lengthwise and sliced

1 medium yellow summer squash, quartered lengthwise and sliced

1 cup fresh or frozen corn kernels

Juice of 1 lime

1 medium tomato (or a handful of cherry tomatoes), diced

2 teaspoons minced fresh oregano

Pinch of coarse salt

Freshly ground black pepper

Heat the oil in a large skillet over medium high heat.

Add the onion and garlic and sauté until the onion is translucent, about 5 minutes. Add the jalapeno, zucchini and yellow squash; continue sautéing until the zucchini has started to soften (but isn't yet mushy - aim for about halfway cooked.) Add the corn and a good pinch of coarse salt; continue cooking for about 2 more minutes, until the corn is cooked.

Lower the heat, stir in the chopped tomato and cook for 1 more minute, just until the tomato is heated through. Add the limejuice and oregano, season with freshly ground black pepper (taste and add more salt if needed, too), and serve.

Roasted Pork Loin with Rosemary, Garlic, and Fennel

From: <http://yummysupper.blogspot.com/2010/04/roasted-pork-loin-with-rosemary-garlic.html>

1¼ lb pork loin

2½ tablespoons fennel seeds

2 tablespoons finely chopped garlic

2 tablespoons fresh rosemary

2 tablespoons olive oil

Salt & pepper

Pat dry and salt loin. Set aside.

Crush fennel seeds with a mortar and pestle. Add rosemary leaves, garlic, salt, pepper, and olive oil. Integrate ingredients and you've got your rub. Transfer mixture to a low bowl big enough to hold the pork loin.

Preheat oven to 375 F.

Roll loin the rub and coat all sides thoroughly. Put a medium case iron pan on the stovetop over medium-high heat. Brown all sides of the loin.

Place cast iron pan with the roast in the oven. Roast for 30 minutes or until done. Check for doneness with a meat thermometer – it should read 130 F when the pork is finished.

Let the roast rest for 10 minutes before slicing.