

# Riverdog Farm Veggie Box News

PO Box 42 Guinda, CA 95637

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July 4, 2011

www.riverdogfarm.com

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## Box Contents:

1 pint Gold Nugget Cherry Tomatoes  
1/3 lb Green Beans  
1 lb Broccoli  
1 lb Summer Squash  
1 bu Tokyo Turnips  
1 bu Chioggia Beets  
1 bu Carrots  
1 bu Parsley  
2 hds Lettuce

## 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](mailto: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:** Back to summer it is! The grains came through the storm ok, a little discolored and about 8 acres of barley lying over in every which way. It's enough to make me a believer in UFOs causing crop circles... Tomatoes are just starting, heralded by the Gold Nugget cherry toms in your boxes this week. They are always the first toms to mature, with Sun Golds and Early Girls hot on their heels. The fields and roads are already bone dry and dusty if not irrigated, even though we saw 0.75" of rain last week! Fall and winter veggie transplants are starting to fill the shade houses. They will be ready to transplant come August. There's just one planting of melons left to transplant and then summer is gone from the propagation area. We will continue planting summer crops, planned for September and October harvest, for another few weeks. The first fall carrots will go in the ground next week with fall potatoes following them.

**Box Notes:** Summer continues to creep into the boxes. This week we're happy to have enough Gold Nugget cherry tomatoes for the boxes. On the 4<sup>th</sup>, my neighbor prepared a bean and brown rice salad with halved Gold Nuggets – it was delicious. Made some pan-fried squash dipped in egg and flour as a side, and it, too, was quite tasty. Also, making it into the box this week are green beans. Hope you enjoyed a delicious meal over the holiday weekend!

## Fried Squash

From <http://littlehouseinthesuburbs.com/2010/06/fried-squash.html>

**Summer squash, sliced ¼ inch thick discs or strips depending on the shape of the squash**

**Whole wheat flour  
Eggs, beaten**

**Salt and pepper  
Vegetable oil**

Heat oil in a large skillet to a depth of about ¼ inch, over medium-low heat.

Put a quantity of flour on a plate, starting with about half a cup, and adding more if necessary. Season well with salt and pepper.

In a bowl, whisk a number of eggs sufficient to dip the quantity of squash you are frying.

Dip the squash into the egg, then into the flour, coating all surface of squash. Tap off excess flour.

Add the floured squash to the pan in a single layer. Turn over once the first side is golden brown. Brown the other side and remove from oil and drain on towels. Serve immediately.

**Garlic Butter Green Beans** from <http://allrecipes.com/Recipe/garlic-butter-green-beans/detail.aspx>

**1 pound fresh green beans  
1 tablespoon butter  
½ teaspoon sugar**

**1 garlic clove  
2 teaspoons lemon juice  
1/8 teaspoon pepper**

### **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 Peppercorn 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](mailto: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](http://www.riverdogfarm.com).

Place beans in a steamer basket, place in a large saucepan over 1 inch of water. Bring to a boil; cover and steam for 7-9 minutes or until crisp-tender. Meanwhile, in a small nonstick saucepan, cook garlic in butter until tender. Remove from the heat; stir in the lemon juice, sugar, and pepper. Transfer the beans to a serving bowl; add garlic butter and stir to coat.

### **Tuscan Grilled Zucchini & Summer Squash**

From [http://www.food52.com/recipes/265\\_tuscan\\_grilled\\_zucchini\\_summer\\_squash](http://www.food52.com/recipes/265_tuscan_grilled_zucchini_summer_squash)

**2 zucchini, cut into 1 inch cubes**

**3 summer squash, cut into 1 inch cubes**

**5 garlic cloves, minced**                      **4 springs rosemary, chopped**

**½ tablespoon crushed red chile flakes**

**1 sprig oregano, chopped**                      **3 lemons**

**½ cup red wine vinegar**                      **2 cups extra-virgin olive oil**

**Salt and pepper**                                      **2 red onions**

**Sturdy skewers, soaked in hot water for an hour if wooden**

To make the marinade, combine garlic, herbs, chile flakes, lemon juice and zest, and vinegar in a mixing bowl. Whisk in oil.

Place zucchini and squash into a large resealable bag, pour in marinade, and seal. Allow to marinate at least 30 minutes, preferably for a few hours.

Preheat grill to high.

Remove zucchini and squash from marinade and skewer.

Cut unpeeled onions in half and place on grill, turning occasionally. Allow to char on outside. Remove and place into a bowl, covered with plastic wrap to steam.

Grill skewered squash until tender, 5-6 minutes total, turning occasionally.

Peel and slice onions. Pull zucchini and squash off skewers, toss with onion, season with salt and pepper. Serve.

### **Zucchini Potato Lemon-Thyme Mash**

From <http://www.epicurious.com/recipes/food/printerfriendly/Zucchini-Potato-Lemon-Thyme-Mash-102029>

**1¾ pounds zucchini (about 3 medium)**

**1½ pounds Yellow Finn potatoes**

**2 teaspoons finely chopped fresh lemon thyme**

**3 tablespoons unsalted butter**

Cut zucchini crosswise into 1-inch-thick slices. In a large saucepan cover potatoes with salted cold water by 2 inches and simmer, covered, until tender, about 35 minutes. Transfer potatoes to a colander and reserve cooking water. When potatoes are cool enough to handle, peel and put in a large bowl. Add lemon thyme, butter, and salt and pepper to taste and with a potato masher coarsely mash. Keep mash warm, covered.

Bring cooking water to a boil and simmer zucchini until tender, about 8 minutes. Drain zucchini well in colander and coarsely mash into potatoes. Mash may be made 1 day ahead and cooled completely before being chilled, covered. Reheat mash before serving.