

Riverdog Farm Veggie Box News

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July 5, 2010

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Box Contents:

1 lbs White Nectarines
1/3 lb Green Beans
1 lb Summer Squash
2 hds Lettuce
1 bu Carrots
½ lb Arugula
½ lb Mei Qing Choi
1 bskt Kadota Figs

Field Notes: Every Tuesday for over 10 years, 3-4 volunteers from the Senior Gleaners come to the farm from Sacramento to collect any extra produce and cardboard for recycling. For many years, they arrived in a pick-up truck pulling a long trailer of three 4 ft x 4 ft square bins. Now, they come in a box truck stopping at all the farms along their route from Winters to Rumsey. Each farm provides the Gleaners with any produce culls or cardboard generated by the farms. The volunteers, ages 50-99, appreciate the offerings that the farms make available. To them, it's worth the two hour round trip drive and day of gathering in order to provide to those in need.

We appreciate their assistance in helping our farm recycle our cardboard

waste and are happy to see the produce culls go to good use. Their volunteer dedication is admirable. Kudos to the Senior Gleaners and their commitment to the people most in need!

This past week we harvested our dry farmed triticale and barley, filling our storage bins plus an impromptu bunker. We also bought all of our neighbor's wheat, creating an incentive for them to farm their ground organically. We use this grain to feed our chickens and hogs. Our goal is to grow or source all of our animal feed locally to reduce the energy needed to transport it. In 2009 we grew about 25% of our feed, this year we will be closer to half, with the help of our neighbor.

Box Notes: It's the first week for green beans! They are tender and sweet. Because they are young, they cook quickly. Try steaming them and then tossing with fresh minced garlic and a dash of salt. Mei Qing Choi also cooks quickly. It is great sautéed in a bit of olive oil until wilted. Then, while still warm, add a few sprinkles of sesame oil, chili flakes, and salt for a satisfying side dish. The Kadota Figs are from Short Night Farm (certified organic by CCOF) in Dunnigan. I love figs! Growing up in southern California, we had a fig tree in our back yard. I ate fistfuls of the sweet and gooey fruit (technically it's a flower) in summer before the birds and beetles could get to all of them. I heard that pruning back the branches would help with later yield of fruit, so one winter I did – down to the trunk. Her hand over mouth, my mom looked upon my labor with worry in her eyes. Skipping ahead two years, much of the branches came back, and we had one of the heaviest yield and harvest of sweet, beautiful figs. So there is a happy ending to the story, but I don't recommend pruning your tree down to the trunk. The figs are picked ripe, so better to devour than save. The white nectarines are a variety called Arctic Sweet. They ripen quickly so when there are a few nectarines on the trees that have the slightest give, we start to harvest them and allow the firmer ones to soften off the tree. Once slightly soft to the touch, they become loaded with sugar and bruise easily. The nectarines are best eaten as fresh fruit. Slice and eat with breakfast cereal or just eat one whole with the juice dripping down your chin. At the farmers market this week, one of the Saturday market helpers couldn't resist eating one nectarine after another until he had accumulated a pile of 10 or so pits. They brown quickly once cut so don't add these to a fruit salad that you plan to eat a few hours later. Instead, eat them right away, selecting the softer nectarines first. Once more, I love figs!

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

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.

Arugula Salad with Beets and Goat Cheese

Adapted from: http://simplyrecipes.com/recipes/arugula_salad_with_beets_and_goat_cheese/

For Salad:

Beets, steamed until a fork easily goes in it (about an hour), peeled, sliced into strips

Fresh arugula - rinsed, patted dry with a paper towel

Goat cheese – chevre

Walnuts – chopped

For Dressing:

Olive oil

Lemon

Dry powdered mustard

Sugar

Salt and pepper

The amount of ingredients depends on how many people you are serving and how much salad you intend to serve them. The important thing is that this is a good blend of flavors. I didn't try tossing this salad; each plate was composed individually.

The dressing for three individual salads was ¼ cup of olive oil, ½ lemon, ¼ teaspoon of powdered mustard, ¾ teaspoon of sugar, salt and pepper to taste. Actually, it is all to taste. These are only approximate measurements.

Assemble the salad according to how much you want. A handful of arugula leaves, a few beet juliennes, some crumbled goat cheese, garnish with chopped walnuts. Use a vinaigrette salad dressing or what I've described above.