

Riverdog Farm Veggie Box News
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July 6, 2009
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Box Contents:

2 lbs White Nectarines &
Apricots
1 bskt Cherry Tomatoes
1 lb Summer Squash
1-2 pcs Armenian Cucumber
1 lb Yellow Finn Potatoes
1 lb Onions
2-3 hds Little Gem Lettuce

Field Notes: The mild weather returned and looks to continue through this week. Conditions have been great for working and ripening crops. Cache Creek water levels will be greatly reduced in mid-July so we are maximizing water play opportunities. On Sunday, we enjoyed swimming and a picnic at the creek. Our neighbor's kids learned how to kayak and float downstream in the current in a life jacket. They wouldn't get out of the water! On the horizon: Melons! We harvested our first few muskmelons last week so this means melons, including watermelon, cantaloupe, or galia will be appearing in the veggie box very soon. Enjoy the wonderful weather!

Box Notes: Because it's been so mild, the lettuce continues to produce. Here is an easy way to prepare the Little Gem Lettuce: slice in half lengthwise. Rinse the halves well in a water bath, swirling them around to remove any soil. Spin them dry. Arrange on a plate with the cut side facing up so that the leaves catch the dressing. Drizzle with olive oil and vinegar or your favorite salad dressing along with salt, black pepper, sliced cherry tomatoes, thinly sliced onion rounds, and freshly grated Parmesan cheese. Enjoy the whole halves of lettuce, eaten by hand or with a fork! The potato variety in your box this week is Yellow Finn; this variety has an outstanding buttery flavor and texture with thin, yellow skin, yellow, creamy flesh and a round, slightly flattened shape. It is one of our most popular potatoes at our farmers markets. Use the potatoes in a gratin, mashed, roasted, as a frittata crust, or pan-fried. The ribbed, pale green vegetable is the Armenian cucumber. We love to grow this cucumber because you never need to peel the skin. It's a crispy, bitter-free type with a mild flavor.

Apricots & White Nectarines are available for canning, making jam, or freezing. Or, as some subscribers like, order a whole case just to enjoy fresh fruit all week - sliced on cereal, for dessert, with yogurt, or as part of your lunch at work.

Royal Blenheim Apricots: 10 lb case is \$30.00

White Nectarines: 10 lb case is \$25.00

Place your order by Sunday for delivery during the following week. Please send payment when you place your order.

Payment Reminder: The veggie box price is \$20 per week. August payment is due by July 31, 2009.

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.

We don't advertise our CSA program. We currently have space for additional subscribers. 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 our website: www.riverdogfarm.com.

Riverdog Farm Pork Sausages! In time for barbeque season, a 10 lb case of Riverdog Farm assorted pork sausages is now available. Sausages are made from pasture-raised Riverdog Farm hogs certified organic by CCOF. Pork and sausage are processed at non-certified organic facilities. We use quality pork for our sausages – not just the trim! Riverdog Farm pork sausages do not contain nitrates or any artificial ingredients.

Each case is \$65 and contains an assortment of styles. The sausages are uncooked and delivered frozen to your pick-up location. Email or phone your order by the Sunday before your delivery day. Please remit payment to our address when placing your order.

Riverdog Farm Pastured-Pork: Pork shares include an assortment of cuts and sausages. Riverdog Farm hogs are certified organic by CCOF. Pork and sausage are processed at non-certified facilities. Our pork has great flavor and good marbling!

Pork shares are \$7 per pound and range from 20 to 27 pounds. The assortment includes cut-and-wrapped ribs, loin chops, shoulder steaks, sirloin chops, tenderloin, shoulder roasts, and sausages. Each share is packed into a cardboard box (the same size box as the veggie box) and delivered frozen to your pick-up location.

To request a detailed list of availability or to place an order, email csa@riverdogfarm.com or call (530) 796-3802. For photos of our hog operation, visit our *Hog Blog* at riverdoghog.blogspot.com.

Zucchini Potato Lemon-Thyme Mash

From: Gourmet | August 1999; <http://www.epicurious.com/recipes/food/printerfriendly/Zucchini-Potato-Lemon-Thyme-Mash-102029>

Yield: Serves 6

1³/₄ pounds zucchini (about 3 medium) **1¹/₂ 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.

Cucumber Salad with Mint and Feta

From: http://simplyrecipes.com/recipes/cucumber_salad_with_mint_and_feta

1 lb thin skinned, mild (non bitter) cucumbers, such as Persian, Armenian, or Japanese cucumbers, thinly sliced.

¼ red onion, thinly sliced and cut into 1-inch long segments

2 or 3 red radishes, thinly sliced

White vinegar

¼ pound feta cheese

10 mint leaves, thinly sliced

Olive oil

Salt and freshly ground pepper

In a medium sized bowl, gently toss together the sliced cucumbers, red onion, radishes, mint leaves with a little bit of white vinegar and olive oil, salt and pepper to taste. Right before serving, sprinkle on crumbled bits of feta cheese. Serve immediately.