

## Riverdog Farm Veggie Box News

PO Box 42 Guinda, CA 95637

(530) 796-3802

July 11, 2011

www.riverdogfarm.com

csa@riverdogfarm.com

### Box Contents:

1 pint Mixed Cherry Tomatoes  
1 lb Green Beans  
1 lb Summer Squash  
1 bu Chard  
1 bu Beets  
3 ears Sweet Corn  
¾ lb Cucumbers  
1 lb Onions  
1 bu Cilantro

### 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.

### Special Bulk Offers

**Almond Butter:** 2 jars for \$24

**Pickling Cucumbers:** 10-lb  
case for \$15

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:** A summertime cooling trend this week has brought mid-day temperatures in the mid to high-80s – a refreshing change from the triple digit weather we experienced a week ago. Our first tomatoes, the small, cherry varieties, have begun in earnest and the red early girl tomato crop is starting to be harvested. In about two to three weeks, we expect to see harvest from the whole color spectrum of heirloom varieties. An exciting new appearance in the veggie box this week is our first sweet corn! It is a yellow variety that is super sweet. During mid-summer, the farm begins to plan fall and winter planting cycles for greenhouse seeding and for direct – in the field – planting. This week the greenhouse is filled with a sea of green and blue-green fall greens, cabbages, fennel and broccoli.

**Box Notes:** The short, dark green pickling cucumbers can be eaten fresh; pickling is not required. They are a mild cucumber with small, undeveloped seeds. We ate them this week night in a delicious romaine salad with grated carrots, sliced onions, halved cherry tomatoes and crumbled feta cheese. The Yolo Sweet onion, a fresh eating variety, is great in salsa, finely chopped as a taco topping, or thinly sliced in a cucumber salad.

**Simple Succotash** from RDF [When corn is in season, this dish is a tasty, filling way to meld many of summer's finest crops. Each year, we include a variation of this recipe when corn is offered in the boxes.]

**1 large onion, finely chopped    ½ cup olive oil**

**2-3 ears sweet corn, cut off the cob**

**4-6 tomatoes, cut in fourths**

**1-2 cups green beans, de-stemmed and cut into 1 inch pieces**

**[When fresh shelling beans are in season, they can replace the green beans but require a little longer cooking time.]**

**2-3 pieces summer squash, chopped into ½ inch pieces**

**4-6 cloves minced garlic            Salt & pepper**

**Crumbled feta cheese**

Sauté the chopped onions in the olive oil in a very large skillet until translucent. Add the quartered tomatoes, flattening them as you add them to the onions to release their juices. Toss in the chopped green beans. Add the summer squash. Then add the sweet corn. Add the minced garlic. Simmer covered until all the veggies are tender, about 20-25 minutes. Top with crumbled feta cheese. The end result is a very satisfying, flavorful summer dish.

### Spicy Pickled Cucumbers

From <http://www.foodnetwork.com/recipes/tyler-florence/spicy-pickled-cucumbers-recipe/index.html>;

Recipe courtesy of Tyler Florence

**4 pickling cucumbers or 2 regular cucumbers, sliced thin**

**2 fresh red Thai chiles, seeded and sliced thin**

**1 handful fresh mint**

**½ cup rice wine vinegar**

**1 teaspoon sugar**

**½ teaspoon kosher salt**

Combine all the ingredients in a bowl and mix well. Let it sit for at least 1 hour for the flavors to blend. Taste and adjust the seasoning. Will keep in the refrigerator for 3 days.

### **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](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).

### **Black Bean & Corn Salad**

From <http://www.delish-blog.com/2010/07/black-bean-corn-salad/>

**1 (15.5-oz) can, black beans, rinsed & drained**  
**1½ cups fresh corn or frozen**  
**½ red bell pepper, seeded & diced**  
**½ cup red onion, finely diced**    **1½ teaspoons ground cumin**  
**Juice of 1 lime**    **1 tablespoon olive oil**  
**¼ to ½ teaspoon cider vinegar (optional)**  
**1/3 to ½ cup cilantro leaves, finely chopped**  
**Salt & pepper to taste**

Combine all ingredients in a medium sized bowl. Toss lightly until well mixed. Let stand at least 15 minutes if using frozen corn, for corn to fully defrost. Can be served immediately, or best when refrigerated at least 1-2 hours, or overnight, to allow flavors to meld.

### **Skillet Polenta with Tomatoes and Gorgonzola**

From <http://www.epicurious.com/recipes/food/views/Skillet-Polenta-with-Tomatoes-and-Gorgonzola-108620>

**2 tablespoons extra-virgin olive oil**  
**4 cups water**    **1¼ teaspoon salt**  
**1 and a 1/3 cup yellow cornmeal**  
**½ cup slivered fresh basil leaves**  
**2 cups halved cherry tomatoes**  
**2 garlic cloves, minced**  
**1 cup crumpled Gorgonzola cheese**  
**1 cup shredded mozzarella cheese**

Preheat oven to 450 degrees.

Brush 12-inch diameter ovenproof skillet with 1 tablespoon olive oil.

Combine 4 cups water, yellow cornmeal, and salt in heavy large saucepan. Bring to boil over medium-high heat, whisking constantly. Reduce heat to medium-low and cook until polenta is very thick and pulls away from sides of pan, whisking constantly, about 3 minutes.

Whisk in remaining 1 tablespoon olive oil and ¼ cup basil.

Transfer polenta to prepared skillet; flatten polenta to even thickness. Sprinkle polenta with tomatoes and garlic. Sprinkle evenly with Gorgonzola, mozzarella, and remaining ¼ cup basil.

Bake until cheese is melted and bubbling, about 16 minutes. Cut polenta into wedges and serve from skillet.