

Riverdog Farm Veggie Box News
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Box Contents:

1 lb Cucumbers
1/3 lb Green Beans
3-4 Little Gem Lettuce
½ lb Mei Qing Choi
2 lbs Carrots
2 lbs White Nectarines
2 lbs Onions
1 lb Summer Squash

Field Notes: This week our plan is to dig up our potatoes using a mechanical harvester. Until now, the potato skins have been soft and have been harvested by hand with digging forks. Now that the plants are mown, the skins have set and are ready to be jostled a bit by the potato-harvesting implement. When we harvest potatoes mechanically, they quickly pop out of the earth and reveal themselves to the harvest crew who follow behind the tractor to gather the potatoes into lugs. When a lug is full, the spuds get transferred into a big 4' x 4' bin and are destined for storage in a temperature controlled, dark cooler. There the potatoes sit until orders for potato cases.

Box Notes: Summer has landed! The quenching cucumbers have returned. The type in your box this week is the Armenian and/or pickling cucumber. The Armenian cucumber has a ridged outer layer of light green skin that is thin enough to eat. No peeling required. When sliced in rounds, the ridging makes a beautiful scalloped edge to each slice. Just because they're named pickling cucumbers doesn't mean they're not meant to be sliced and eaten fresh. Many of the onions in the box have a stalk stemming from the core. Twist and pull out the stalk before slicing the onion. The carrots make delicious juice. During these recent very warm days, we've been enjoying sandwiches for lunch with many of this week's box contents. Use thinly sliced cucumbers, a few pieces of Little Gem lettuce, thinly sliced onions, some cheese or turkey slices, tomato, salt and pepper, pesto and your preferred condiments. Reminder: Arctic Sweet nectarine is a white variety that is very delicate. They are harvested firm to prevent bruising. Please allow to ripen slightly in a bowl on your kitchen table. When they are slightly soft, they are ready to eat.

Pickling Cucumbers: 10 lb cases of pickling cumpers are available at \$15 per case. It's pickling time!

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.

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.

Farmers Market Three Cucumber Salad

Adapted from: <http://penandfork.wordpress.com/2009/09/07/farmers-market-three-cucumber-salad/>

This refreshing salad isn't very sweet, unlike most cucumber salads, so if you prefer more sweetness add an additional tablespoon, or two, of sugar.

½ of a slicing cucumber

1 lemon cucumber

½ small red chili pepper (like a red jalapeno) [Or dried chili flakes]

¼ cup rice wine vinegar

¼ teaspoon salt

4 medium fresh basil leaves

½ of an Armenian cucumber

¼ of a small red onion

2 tablespoons sugar

¼ teaspoon freshly ground black pepper

Cut all three cucumbers in half, lengthwise. Scoop out the seeds. Cut, at an angle, into 1/4-inch strips. Place in a large bowl or in a Ziploc bag.

Slice the red onion and red chili pepper [or use dried chili flakes] into 1/8-inch slices and place in the bowl with the cucumbers.

Whisk together the vinegar, sugar, salt and pepper and pour over the cucumbers. Toss a few times and place in the refrigerator for at least an hour, tossing occasionally. (It's actually easier to marinate them in a Ziploc, because you just grab the bag and turn it once in a while.)

Drain the cucumbers when you are ready to serve, and place them in a serving bowl. Tear the basil into small pieces and scatter on top. Toss once more. Taste and add more salt or pepper if desired.

Broccoli & Mei Qing Choi Stir Fry from: <http://wildrootsfarm.tripod.com/recipes/choi.html>

1 tablespoon peanut oil

1 green pepper, julienned

1 cup broccoli florets

Pinch of salt

2 tablespoons sherry

1 red pepper, julienned (matchsticks)

1 bunch green onions chopped

1 two inch piece of ginger grated

1 pound Mei Qing Choi, shredded

1 tablespoon soy sauce

Heat oil in wok or deep skillet. Stir fry peppers, green onions, broccoli, ginger, salt and pepper until broccoli softens slightly, 3-4 minutes. Add Mei Qing Choi and sherry and cook for another 2 minutes. Sprinkle with soy sauce and serve immediately. Makes 2 servings.