

Riverdog Farm Veggie Box News
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Box Contents:

1½ lbs Tomatoes
½ lb Green Beans
1 lb Summer Squash
1 lb Armenian Cucumber
2-3 heads Lettuce
4 ears Sweet Corn
1½ lbs Santa Rosa Plums
& Apricots
1 Melon

Field Notes: Last week we harvested our dry-farmed barley and triticale. The barley and triticale crops were loaded with seeds that will be supplemental feed for our pigs and chickens during winter. Our grains are grown using minimal inputs. Spread and till in compost, then seed. We don't irrigate the grains; the crops received rainwater during the winter and spring months. To see photos of what a grain harvest looks like, visit riverdoghog.blogspot.com and scroll down just a bit. And harvest is taking place everywhere on the farm: tomatoes, melons, cucumbers, sweet corn, summer squash, and we're moving into peppers and eggplants. It happens every summer, but the image of tall stacks upon stacks of just-picked produce arriving into the packing shed is a

glorious sight. Summer bounty is here!

Box Notes: It's mid July and time to enjoy the bigger, slicing varieties of tomatoes. You might find one or both of these varieties: Orange Blossom and red slicer. Both types are meaty varieties that are great for slicing for sandwiches or quartering and eating salted on a bed of lettuce. The sweet corn is delicious grilled. Soak the corn ears with the green leafy husk on in a bowl of water. Then place the ears on a hot grill and let the moisture steam-cook the kernels. The outer leaves will become slightly blackened but the inside will be perfectly heated. Allow the ears to cool slightly, then remove the leaves, and enjoy the grill-roasted corn with some butter, salt, and pepper. Our first melons sampled at the Berkeley Farmers Market last weekend were full of sweet juiciness. Optimal melon weather has allowed the fruit to ripen slowly, ensuring that the sugars have had time to reach their peak. They have received a just-right amount of water to bring out their full sugar flavor. You'll find a Galia, a refreshing green-fleshed melon, or cantaloupe.

Santa Rosa Plums: Available for making jam, freezing, or eating fresh. 10 lbs of plums costs \$25.00. Please place your order by the Sunday before your delivery day. Send payment in the mail 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.

Fish Tacos With Corn-Jicama Salsa

From: <http://www.sfgate.com/food/recipes/detail.html?p=detail&rid=14742&sorig=qs>

Ingredients:

Herbed Sour Cream

2 teaspoons minced basil or tarragon

Salsa

1 cup jicama, in small dice

½ cup minced red onion

2 to 3 tablespoons fresh limejuice

Freshly ground black pepper to taste

1-2 tablespoons thinly sliced basil or to taste

½ cup full-fat sour cream

Kosher salt and lime juice to taste

3 ears of fresh sweet corn

1 cup tomato, in small dice

2 tablespoons canned chopped green chiles

¼ teaspoon kosher salt, or to taste

Dash cayenne pepper, or to taste

For Tacos:

1 tablespoon oil

3 tablespoons flour

Kosher salt and freshly ground black pepper to taste

1 pound white fish fillets, such as tilapia

6-8 corn tortillas, warmed

Mix together the sour cream and basil. Tanginess of a sour cream depends on the brand. Add limejuice and salt as needed for a nice but not overpowering tang. Refrigerate until ready to use.

Quickly blanch the corn until just cooked, about 5 to 7 minutes. Drain and immediately plunge into a cold-water bath. Remove and pat dry. Cut the kernels off the cob and mix them with the jicama, tomato, onion, chiles and limejuice. Season with salt, black pepper and cayenne. Set aside. Stir in the thinly sliced basil just before serving.

Heat the oil in a skillet over medium-high heat. Season the fish with salt and pepper, then coat with flour, shaking off any excess. Put the fish in the pan and fry until cooked through and browned, about 7 minutes per inch of thickness.

Portion the fish onto warm tortillas and top with herbed sour cream and salsa. Optionally serve with rice and beans.