

**Box Contents:**

1 bu Curly Kale  
1 bu Basil or Parsley  
1 lb Peaches  
1 lb Summer Squash  
4 ears Sweet Corn  
1 bu Carrots  
1 lb Early Girl/Orange Blossom Tomatoes  
¾ lb Green Beans  
1 Savoy Cabbage

**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](mailto: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:** Continued mild weather, with cool nighttime temperatures means the heat-loving summer crops - peppers, eggplant, and tomatoes - are slow to ripen. We harvested our first yellow gypsy peppers last week so the orange and red gypsies are just around the corner. The summer squash grows quickly in a wide range of temperatures so we have an abundance of all types - Costata Romanesco (ribbed, green), Zephyr (yellow with green tip), Paddy Pan (light green, scallop-shaped), Sunburst (yellow, scallop-shaped), and Ronde De Nice (round, light green). All the summer squash types have a similar taste so they can be used interchangeably or combined in any recipe, such as Zucchini Bread, calling for the more common straight, green zucchini.

**Box Notes:** The Suncrest peaches in this week's box are from Good Humus Farm located near Capay. They are certified organic by Stellar Certification Services. Suncrest is a large, freestone peach. Freestone peach varieties are the type that separates easily from the seed pit. The fragrant and juicy peach has a bright-red blush over its yellow skin, as well as a red blushed flesh. If you discover that your corn has worm damage at the tip, simply trim away the affected part of the corn. Our harvest of Early Girl and slicing tomatoes are starting pick up. And, we're happy to have enough of them for this week's box. Enjoy the summer goodies!

**Savoy Cabbage Slaw With Applesauce Vinaigrette**

From <http://straightfromthefarm.net/2008/12/11/savoy-cabbage-slaw-with-applesauce-vinaigrette-recipe/>; Adapted from the NY Times

**For the vinaigrette:**

<b>1 teaspoon Dijon mustard</b>	<b>½ teaspoon salt</b>
<b>2 tablespoons apple cider vinegar</b>	<b>1 tablespoon applesauce</b>
<b>1 teaspoon honey</b>	<b>1/3 cup olive oil</b>

**For the salad:**

**4 cups Savoy cabbage, sliced as thinly as possible**  
**1 large bunch red radishes**                      **3 or 4 Granny Smith apples**  
**1 lemon, juiced**                                      **Salt and black pepper to taste**  
**½ cup walnuts, toasted and chopped**  
**1 teaspoon mustard seeds (optional)**

Make vinaigrette: In a bowl, mix together mustard, salt, vinegar, honey and applesauce. Slowly whisk in olive oil a little at a time until dressing emulsifies. Set aside.

Make salad: Put cabbage in a large bowl. Using the shredding blade of a food processor or a box grater, shred radishes until you have 1 cup. Add to bowl.

Core apples and shred in food processor or with box grater until you have 2 cups. Put shredded apple into a bowl filled with lemon juice and 2 cups water, to prevent apple from browning.

When ready to serve, gently squeeze water from apple, add to cabbage and toss slaw with vinaigrette. Add mustard seeds and toss again. Sprinkle walnuts on top of slaw. Season with salt and pepper. Makes 6 servings.

### **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.

*Bacon currently unavailable.*

**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 Hams:** Whole hams range between 5 to 10 lbs and 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).

### **Zucchini Bread**

From <http://southernfood.about.com/od/zucchinibread/r/bl00819g.htm>

**2 cups shredded raw zucchini**    **3 eggs**  
**1¾ cups sugar**                      **1 cup vegetable oil**  
**2 cups flour**                         **¼ teaspoon baking powder**  
**2 teaspoons baking soda**        **2 teaspoons cinnamon**  
**1 teaspoon salt**                      **2 teaspoons vanilla**  
**1 cup chopped walnuts**

Put zucchini in strainer and press or squeeze with hands to get some of the excess liquid out. In a mixing bowl beat eggs, sugar, and oil together. Stir in the flour, baking powder, soda, cinnamon, salt, vanilla, and walnuts, mixing just until all ingredients are combined. Add drained zucchini. Mix well. Pour into 2 greased and floured 8½ x 4½ - inch loaf pans. Bake for 55 to 60 minutes at 350°, or until a wooden pick or cake tester inserted in center comes out with very little or no crumbs clinging to it.

### **Black Beans with Summer Vegetable Sauté**

From <http://noteatingoutinny.com/2011/07/06/black-beans-with-summer-vegetable-saute/>

#### **For the black beans:**

**2 cups dry black beans, soaked overnight**  
**1 large onion, chopped**            **3 cloves garlic, minced**  
**Jalapeno pepper, seeded and diced (optional)**  
**2 tablespoons olive oil**            **Pinch of cayenne pepper**  
**1 bay leaf**                              **Salt and black pepper to taste**

#### **For the veggie sauté:**

**2 small red potatoes, diced**      **2 summer squash, diced**  
**2 ears sweet corn, kernels cut from the cob**  
**½ bunch chard, stems finely chopped and leaves chopped**  
**2 to 3 tablespoons olive oil**      **2 scallions, finely chopped**  
**1 pint grape tomatoes, halved or quartered**  
**Salt and black pepper to taste**    **Fresh lemon juice (optional)**

Heat the oil in a large pot or Dutch oven and cook the onions over medium heat until soft, about 5 minutes. Add the jalapeno and garlic and cook just until fragrant. Drain and rinse the soaked black beans and add to the pot along with about 2 inches of water to cover. Add the bay leaf and cayenne pepper and bring to a boil. Reduce to a simmer and cook, partially covered, for at least 1 hour or until beans are soft. Check on them every now and then and add water as needed. Season with salt and pepper to taste.

Heat a large, wide sauté pan over medium-high and add 2 tablespoons olive oil. Place down diced potatoes and stir

occasionally for 6-8 minutes or until nicely browned on all sides and just barely cooked through. Season with salt and pepper as you sauté. Remove from pan.

Add another splash of olive oil to the pan and the diced zucchini. Cook, stirring frequently, until just lightly seared on edges, about 1 minute. (Season with salt and pepper as you sauté.) Toss in the Swiss chard, corn kernels, and return the potatoes to the pan. Season with an extra pinch of salt and/or pepper to taste, and the optional squeeze of fresh lemon or lime. Remove from heat.

Divide black beans amongst serving dishes and top each with the vegetable sauté. Top each plate with the tomatoes and scallions, and anything else you might want to add.