

## Riverdog Farm Veggie Box News

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### Box Contents:

1 lb Tomatoes  
3-4 hds Little Gem Lettuce  
4 ears Sweet Corn  
2 lbs Carrots  
1 lb Fingerling Potatoes  
2 lbs Sun Crest Peaches  
1 lb Armenian Cucumbers  
and/or Pickling Cucumbers

**Field Notes:** Heat and more heat! The recent triple digit weather has sped up the ripening of some crops while shortening some of the work days to prevent heat stress for the harvest crew. While shorter days mean a slightly smaller paycheck, most of the employees agree that working shorter days, taking more water breaks, and resting in the shade when it's over 100 degrees are the preferred methods of handling the heat. The intense heat is a reminder of the sometimes challenging working conditions here in this microclimate and across the globe that bring produce from the farm to the table. During all types of weather conditions from drizzling rain to triple digits to balmy spring

days, our farm's reliable employees ensure that things get done on the farm. Thank you for your commitment to the farm and the families that it supports.

**Box Notes:** The Sun Crest peaches are from Good Humus Farm (certified organic by Stellar Certification Services) located in Capay. Tomato harvest is starting to pick up, and this week, you'll find Orange Blossom and/or Early Girl tomatoes in your box. Also, this is the first week for sweet corn. You may have yellow and/or bi-color in your box. With organic corn, you might find corn worm damage (and sometimes the worms themselves) as you peel back the husk. If just the tip, simply trim it off. If farther down on the corn, rinse the affected part, then cut the corn off the cob. Fingerling potatoes are a waxy, firm-rather-than-crumby type of potato that holds together well in potato salad and in soups.

### **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](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 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 Bulk Veggie Offers:** We can deliver the following to your pick up location. Please place your order by Friday prior to your delivery day. Send payment when you place your order

**Carrots: For juicing, 25 lb bag of carrots is \$25 per bag.**

**Early Girl Tomatoes: 20 lb case of Early Girl tomatoes is \$25 per case.**

**Pickling Cucumbers: For pickling, 10 lb case of pickling cumpers is \$15 per case.**

**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**

**Poulet Rouge: 4 to 5 pound birds at \$5 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](mailto:csa@riverdogfarm.com) for more information or to request a list of pork shares. Visit our *Hog Blog* ([riverdoghog.blogspot.com](http://riverdoghog.blogspot.com)) to view photos of our pigs.

### **Fingerling Potato Salad**

Adapted from: <http://seasonalontariofood.blogspot.com/2007/08/fingerling-potato-salad.html>

**For salad:**

**4 cups fingerling potatoes**

**2 or 3 stalks celery**

**½ cup chopped parsley**

**For dressing:**

**¼ cup apple cider vinegar**

**¼ cup extra-virgin olive oil**

**1 tablespoon Dijon mustard**

**Salt and pepper**

Wash and cut potatoes into bite-sized slices. Cover with water and boil until tender, about 15 minutes. [You can steam the bite-sized slices until tender – RDF]

Meanwhile, wash and chop the celery and parsley finely. Set them aside

Whisk the dressing ingredients in a large salad bowl.

When the potatoes are cooked, drain them and toss them in the dressing at once. Keep stirring until most of the dressing has been absorbed. Add the celery and parsley, and mix well.

### **Skillet Polenta with Tomatoes and Gorgonzola** from Bon Appétit | October 2003

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

**2 tablespoons extra-virgin olive oil**

**4 cups water**

**1 and a 1/3 cup yellow cornmeal**

**1¼ teaspoon salt**

**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.