

**Box Contents:**

1 lb Orange Blossom &  
Early Girl Tomatoes  
1 pint Sweet 100 & Sun  
Gold Cherry Tomatoes  
2 ears Sweet Corn  
1 bu Genovese Basil  
2 lbs White Peaches  
1 Melon

**Field Notes:** After a week of stunning summer weather in the low 90's to just touching the century mark, it looks like we're in for another round of the Armageddon Effect. The gentle south breeze has given way to a northerly flow, which brought us a stunning sunset last night but promises a return to a smoky Hades by Wednesday. With the recent mild weather came one of the best dragon fly blooms we've seen in many years. These seemingly sentient beings are the herald of full tilt summer fruit production and time to get planting for fall. We will be direct seeding carrots, beets and chards next week and have already started transplanting for fall veg production. Brussels sprouts and potatoes go in

by the end of this week. All of this talk of fall veg with heirloom tomatoes, peppers and melons just getting going with more squash and beans to plant for fall harvest is enough to make a farmer's head spin. The summer boogie is on.

**Good Humus Peach Party, August 2<sup>nd</sup>:** The annual Good Humus Peach Party will be on Saturday, August 2<sup>nd</sup>. The party starts at 11:00am with food prep (peach salsa, ice cream, pizza, pie...), followed by a potluck dinner, and runs 'til 11:00pm. This is a great, free event for the family. It is an evening of tired farmers, good music and great food.

**Directions to Good Humus:** Turn right off of Hwy 16 in the town of Capay onto Rd 85, go four miles and then turn left on Road 15B, go one mile to a right turn on to 84A. Good Humus Produce is on the NE corner of 15B and 84A.

**Bulk Riverdog Farm White Peaches:** Order a 10 lb case of sweet, white peaches by Sunday for delivery next week. Each case is \$22. Please mail your payment to our P.O. Box with your order. Thank you!

**Pick-Up Site Notes:** Please pick up boxes promptly. With hot summer days, insect (especially ants!) and other pest infestation at the sites are a big concern. We guarantee the boxes to be at the site during the pick-up hours of the delivery day. Boxes might be removed after the designated hours due to risk of pest infestation. So, please pick up your boxes in timely fashion on the day of delivery during the designated pick-up hours. Also, flatten and neatly stack the empty boxes when you return them to the site. Our hosts and driver greatly appreciate the attention and effort! Finally, we cannot reuse the white paper that lines the interior of the box. Please recycle the liner at your home, and please do not leave the liner at the sites. Thank you very much for your cooperation!

**Box Notes:** Please remember that we fill your box based on value of the product, not volume or weight of the box. Sometimes summer boxes look less full as we do not have the leafy greens filling the volume. The white peaches are very fragile so we pick them a hair firm. Please let them ripen a day or two at room temperature. If you'd like to hold them longer, refrigerate. While many of our peaches have split pits, the splitting does not affect the sweetness of the fruit. We have a mix of flavorful and ripe Sun Gold (orange) and Sweet 100 (red) cherry tomatoes. These are not your conventional, flavorless cherry tomatoes that traveled thousands of miles to sit in a bowl at a salad bar of a chain restaurant. It might be challenging, but do try to share our cherry tomatoes with your loved ones. You'll find one of the following melons in your box: a Cantaloupe, a Muskmelon (an eastern cantaloupe with defined ribbed surface), a Galia (a refreshing, green-fleshed melon with a yellow-green skin), or an Orange Honeydew (an orange-fleshed honeydew having the recognizable smoother, pale skin). To store basil, trim the stems and place the bunch in a glass of water. Cover loosely in a plastic bag and place the apparatus in the fridge. Enjoy the sweets!

**Heirloom and Cherry Tomato Salad** from *Chez Panisse Café Cookbook* by Alice Waters

**1 pint basket assorted cherry tomatoes**

**1 shallot, diced fine**

**2 lbs heirloom tomatoes, different colors and sizes**

**2 tablespoons red wine vinegar**

**Salt and pepper**

**1 garlic clove, smashed**

**Green and purple basil leaves, chopped**

**½ cup extra virgin olive oil**

Stem the cherry tomatoes and cut them in half. Core the larger tomatoes and cut them into slices or wedges.

For the vinaigrette, macerate the shallot in the vinegar with the garlic and a little salt. Whisk in the oil. Taste and adjust the acidity and salt as necessary. Put the tomatoes in a shallow salad bowl or on a platter. Season with salt and pepper, strew on the chopped basil leaves, and carefully dress with vinaigrette.

*Variation:* For a more elegant tomato salad, slice perfectly ripe heirloom tomatoes and arrange them on a platter. Season with salt and pepper, a splash of good Champagne, and a generous drizzle of extra-virgin olive oil.

**Prosciutto & Melon in Sambuca** from *The Zuni Café Cookbook* by Judy Rodgers

**2 lbs ripe cantaloupe**

**1 teaspoon Sambuca**

**A few pinches of anise seeds**

**6 ounces of thinly sliced prosciutto**

Halve and seed the melon. Cut into inch-thick wedges, then carve away the rind, deeply enough to remove any rindy-tasting, hard flesh, in a continuous, smooth stroke to produce elegant crescents.

Slightly crush the anise seeds and sprinkle over the melon. Dribble a little Sambuca over all and fold gently to distribute without bruising the melon. Leave to macerate for about 10 minutes in a cool place, or refrigerate.

Turn the melon slices over on themselves, then slide onto plates or a platter. Cut the prosciutto into wide ribbons and drape them over the melon.

**Peach Sundae** from *The Best of Bloodroot* by Selma Miriam and Noel Furie

**3 cups peeled, sliced fresh peaches**

**½ cup summer berries, optional  
dash of cinnamon**

**¼ cup sugar**

**1/3 cup high quality fruit juice**

**Vanilla Ice Cream**

**Homemade Whipped Cream: 1 cup heavy cream beaten stiff with 1 tablespoon sugar and ½ teaspoon vanilla extract.**

Place the fruit, sugar, cinnamon, and fruit juice into a pot. Cover and simmer 5 minutes, or until fruit is tender. Cool and chill.

Serve the fruit sauce over vanilla ice cream and top with homemade whipped cream.

**Tomato-Melon Gazpacho** from *The Minimalist Cooks at Home* by Mark Bittman

**4 tomatoes, about 1 ½ pounds**

**10 basil leaves**

**1 cantaloupe, about 3 pounds**

**Salt and black pepper**

**2 tablespoons olive oil**

**Juice of a lemon**

**1 ½ cups of water or 1 cup water and ½ cup ice cubes**

Core, peel, and seed the tomatoes; cut the flesh into 1-inch chunks. Seed the melon and remove the flesh from the rind; cut into chunks. Place a tablespoon of olive oil in each of two 10- or 12-inch skillet and turn the heat under both to high (you can do this sequentially if you have only one skillet). Add the melon to one skillet and the tomatoes to the other and cook, stirring, until they become juicy, no longer than 2 minutes.

In a blender, puree the melon, tomato, water, and basil, along with some salt, pepper, and the remaining olive oil. Chill, then add lemon juice to taste and adjust seasoning. Serve.