

Box Contents:

2 lbs Mixed Heirloom Tomatoes
1 pc Green Slicing Cucumber
1 pc Mid-Eastern Cucumber
2 pcs Sweet Corn
2 lbs White Peaches
1 Muskmelon
1 Yellow Baby or Orchid
Watermelon

Field Notes: Our melon harvest has picked up as two plantings of melons have reached maturity at the same time. Yellow Baby, Orchid, Mickey Lee, and red seedless watermelons as well as Galia, orange honeydew, and muskmelons are picked in bin loads every other day. With tomato, eggplant, cucumber, and summer squash harvest in full swing – and peppers just around the corner – it is stretching our ability to keep up with the cultivation and seeding projects. However, It's busy times like these when the experience and skills of our crew really shine through. The bounty of summer is the fruition of their work. And so, I'd like to raise a toast to the crew of Riverdog Farm. Cheers!

Peach Party, August 4th: The annual Good Humus Peach party will be on Saturday, August 4th. Festivities start at 11:00am with food prep (peach salsa, ice cream, pizza, pie...) followed by a potluck dinner and run 'til 11:00pm. This is a great, low key and free family event. It is an evening of tired farmers, good music and great food. Directions to follow next week

Early Girl Tomatoes are available in a 20 lb case for \$30.00. Please place your order by Sunday evening for the following week. Great for fresh eating, canning or freezing

White Peaches are available in a 10 lb case for \$15.00. Please place your order by Sunday evening for the following week. Amazingly sweet!

Box Notes: I'm pretty sure that you noticed it as you approached within 10 feet of your veggie box. The muskmelon, also called a Tuscan melon, is an heirloom cantaloupe characterized by its signature ribbed exterior and enchanting aroma. A word of caution: don't let these melons over ripen – they are sweetest and most appealing just before they turn soft. In addition to the muskmelon, we also packed a Yellow Baby or an Orchid watermelon. Both varieties have juicy, yellow flesh – although, the Orchid watermelon has some orange hue. More sweet white peaches this week. As they ripen, chill them in the fridge before serving. They are wonderful sugary treats on a hot summer day. Cucumber sandwich, anyone? The mid-Eastern and Green slicing cucumbers also make wonderful salads. We hope you're as excited as we are about the oncoming melon season!

Garden Gazpacho adapted from *Growing and Cooking Vegetables* by Pamela Thomas

1 large cucumber	1 small green pepper
4 ripe tomatoes	1 medium onion, chopped
1 clove garlic, peeled and smashed	2 to 3 tablespoons red wine vinegar
¼ cup olive oil	Salt to taste
Freshly ground black pepper	

Peel and chop half of the cucumber; seed and chop the pepper. Chop 3 of the tomatoes. Place the chopped cucumber, the pepper, half the chopped onion, the garlic, and the chopped tomato pieces into a blender and puree. Pour the blended vegetables into a bowl and stir in the vinegar, olive oil, salt, and pepper, and chill thoroughly.

Coarsely chop the remaining cucumber, and place it in a small bowl; place the remaining chopped onion in another bowl, and the remaining tomatoes, chopped, in a third bowl. Serve the soup thoroughly chilled. Pass the chopped vegetables for garnishes.

Melon and Cucumbers with Pepper and Lime from *Vegetarian Cooking for Everyone* by Deborah Madison

½ honeydew, cantaloupe, or other melon, chilled	2 cups watercress or arugula leaves
Salt and freshly milled pepper	2 or 3 cucumbers

for the Lime and Fresh Mint Vinaigrette:

1 teaspoon grated or minced lime zest	2 tablespoons fresh lime juice
2 scallions, including an inch of the greens, thinly sliced into rounds	
2 tablespoons chopped mint or 2 teaspoons dried, crumbled	
5 to 6 tablespoons sunflower seed or light olive oil	
Salt	

Combine the lime zest and juice and ¼ teaspoon salt, then whisk in the oil. Stir in the scallions and mint. Taste and correct the seasonings for balance if needed.

Scoop out the seeds, then slice the melon into narrow wedges and remove the skin. Scrub the cucumbers or peel if the skin is thick; cut into sixths. Make a bed of greens on four plates and arrange the melon and cucumbers on top. Spoon the dressing over the top and season with a little salt and pepper.

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.

Baked Herbed Tomatoes from *The Gardeners' Community Cookbook*, by Victoria Wise

2 large tomatoes, halved horizontally, and seeded	½ teaspoon chopped fresh thyme leaves
½ cup coarse breadcrumbs	½ cup finely chopped onion
1 tablespoon olive oil	½ teaspoon minced garlic
½ cup finely chopped fresh basil leaves	Salt and pepper

Preheat the oven to 450 degrees. Arrange the tomato halves, cut side down, on paper towels and leave to drain for about 1 hour.

Combine the remaining ingredients in a small bowl. Place the tomatoes, cut side up, in a baking dish and fill each half with the breadcrumb mixture. Bake until the tomatoes are golden on top but still hold their shape, no more than 10 minutes. Serve right away or at room temperature.