

Box Contents:

1-2 Armenian Cucumbers
1 lb Peaches
1 lb Summer Squash
4 ears Sweet Corn
1 bu Purple Carrots
1 lb Tomatoes
1 lb Green Beans
1 hd Green 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 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: We bought a 1994 potato harvester this week to enhance our method of extracting the tubers from the earth. It is a complex nearly, 2-story contraption with multiple belts that transfer the spuds from the soil to a shoot that deposits the spuds into bins. The belts are set up in a series to first scoop the spuds out of the dirt (the shaker belt), then convey the spuds to a belt with a blower that removes the plant matter blowing the debris out of the back of the harvester, and finally to an elevator belt that moves the spuds up to a sorting platform where 2 employees remove any remaining dirt clods, rocks or plant debris. We bought the harvester from a potato farm in the Sacramento Delta where crew members there, referred to the harvester as the "Pizza Hut" because of its flat top, plywood roof with angled awnings, helped prepare the harvester for its 2 hour journey north on I-5 secured to a low-bed trailer. After 4 days of getting the harvester in working order, it is ready for a test run in our potato field. With this new implement, the goal is for our annual potato harvest to be more efficient from a labor perspective (less time to harvest a higher volume of spuds) as well as more sustainable because of the machine's capacity to return most of the uplifted soil to the field. Purchasing equipment like the potato harvester gives the farm an opportunity to improve our harvesting techniques and efficiency; it's Riverdog Farm progress in action.

Box Notes: The Suncrest peaches in this week's box are from Good Humus Produce located near Capay. They are certified organic by

Stellar Certification Services. Every year, Good Humus Farm hosts a Peach Party. As Riverdog Farm CSA subscribers, you're welcome to attend. The Peach Party is Saturday August 6, 2011 from 1 pm to 11 pm. The party includes a walking tour of the farm and lots of good eats. Visit the farm's website for directions: www.goodhumus.com.

Cucumber Salad with Mint and Feta

From http://simplyrecipes.com/recipes/cucumber_salad_with_mint_and_feta/

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. 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.

1 lb thin skinned, mild (non bitter) cucumbers, such as Persian, Armenian, or Japanese cucumbers

¼ red onion, thinly sliced and cut into 1-inch long segments

2 or 3 red radishes, thinly sliced

10 mint leaves, thinly sliced **White vinegar**

Olive oil

¼ pound feta cheese

Salt and freshly ground pepper

In a medium sized bowl, gently toss together the sliced cucumbers, red onion, radishes, mint leaves with a little bit of white vinegar and olive oil, salt and pepper to taste. Right before serving, sprinkle on crumbled bits of feta cheese. Serve immediately. Serves 4.

Green Bean Casserole from

http://www.eatingwell.com/recipes/green_bean_casserole.html_0;

Adapted from Eating Well November/December 2008

This healthy revision of green bean casserole skips the canned soup and all the fat and sodium that come with it. The white sauce with sliced fresh mushrooms, sweet onions and low-fat milk makes a creamy, rich casserole.

3 tablespoons canola oil, divided

1 medium sweet onion, (half diced, half thinly sliced), divided

8 ounces mushrooms, chopped

1 tablespoon onion powder **¼ teaspoons salt, divided**

½ teaspoon dried thyme **½ teaspoon ground pepper**

2/3 cup all-purpose flour, divided

3 tablespoons dry sherry, (see Ingredient Note)

1 pound frozen French-cut green beans, (about 4 cups)

1/3 cup reduced-fat sour cream

3 tablespoons buttermilk powder, (see Ingredient Note)

1 cup low-fat milk

1 teaspoon paprika

½ teaspoon garlic powder

Preheat oven to 400°F. Coat a 2½ quart baking dish with cooking spray.

Heat 1 tablespoon oil in a large saucepan over medium heat. Add diced onion and cook, stirring often, until softened and slightly translucent, about 4 minutes. Stir in mushrooms, onion powder, 1 teaspoon salt, thyme and pepper. Cook, stirring often, until the mushroom juices are almost evaporated, 3 to 5 minutes. Sprinkle 1/3 cup flour over the vegetables; stir to coat. Add milk and sherry and bring to a simmer, stirring often. Stir in green beans and return to a simmer. Cook, stirring, until heated through, about 1 minute. Stir in sour cream and buttermilk powder. Transfer to the prepared baking dish.

Whisk the remaining 1/3 cup flour, paprika, garlic powder and the remaining ¼ teaspoon salt in a shallow dish. Add sliced onion; toss to coat. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the onion along with any remaining flour mixture and cook, turning once or twice, until golden and crispy, 4 to 5 minutes. Spread the onion topping over the casserole.

Bake the casserole until bubbling, about 15 minutes. Let cool for 5 minutes before serving.