

Riverdog Farm Veggie Box News

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Box Contents:

1½ lb Yolo Sweet Onions
1 lb Tomatoes
2 lbs Peaches
1½ lb Carrots
2 Cucumbers
½ lb Green Beans
1 lb Summer Squash

Field Notes: We are direct seeding carrots and beets this week for fall harvest. After the field is prepped - previous crop mown, soil roto-tilled, beds for plant rows made - the field seeding happens with one tractor driver, the seeder implement, and lots of faith that the seeds will be planted at the right depth, that they will uniformly germinate, that they will receive just the right amount of water, and that the turkeys and squirrels will find other things to eat to allow the rows of plants to grow to full maturity. While the harvest of summer crops swings into high gear, the planning and planting for the autumnal season happens at a steady

pace. Leeks, beets, carrots, bunching greens, broccoli, and cabbage are on our minds while summertime crops become abundant.

Box Notes: Armenian cucumbers are a mild cucumber variety that doesn't require peeling. They tend to be less firm than the green slicing cucumbers and lose moisture easily because they are thinner. To keep Armenian cucumbers hydrated, dunk them in water when you remove them from your veggie box and place them in a plastic bag with a little water clinging to them. This should keep them crisp and moist. The white peaches are from our farm, and the Sun Crest peaches are from Good Humus Farm (certified organic by Stellar Certification Services) located in Capay. The fragrant, juicy Sun Crest is a freestone variety with a bright-red blush over the yellow skin. Freestone means that the flesh of the peach easily pulls away from the pit. The freestone varieties are best for fresh eating since the pit can be easily separated from the flesh. The clingstone peach varieties are harder to separate from the pit, making them the preferred type for processing/canning.

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 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 can deliver organic almond butter to your pickup location. Please place your order by Friday prior to your delivery day. Send payment when you place your order.

2-Jar Case is \$24

Dozen-Jar Case is \$120

Each jar contains one pound of almond butter. 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 CCOF certified organically grown. The meat is processed in a non-organic facility so the chicken is not certified organic. The chicken includes the head and feet. They are delivered frozen.

Cornish: Plump 4 to 6 pound birds cost \$4.50 per pound

Poulet Rouge: 3 to 4 pound birds cost \$5 per pound

Caramelized Onion Tart from: <http://annies-eats.com/2010/06/01/caramelized-onion-tart/>

2 tablespoons butter	1 medium-large yellow onion, thinly sliced
1 teaspoon fresh thyme leaves	1 teaspoon sugar
¼ teaspoon salt	Freshly ground black pepper, to taste
2 tablespoons white wine (optional)	½ cup ricotta cheese
1 sheet frozen puff pastry, thawed (or 1 half batch homemade puff pastry)	1 egg yolk
¼ cup shredded Parmesan cheese	
Minced fresh parsley, for garnish	

Preheat the oven to 350° F. In a medium saucepan set over medium heat, melt the butter. Add the sliced onion, thyme, sugar, salt, pepper and white wine to the pan. Cook, stirring occasionally, until the onions have fully caramelized and are golden brown in color, about 20-25 minutes. Remove from the heat and set aside. In a small bowl whisk together the ricotta and egg yolk until smooth.

To assemble the tart, lay the puff pastry sheet on a baking sheet and fold in each edge about 1 inch. Spread the ricotta mixture over the puff pastry. Sprinkle about half of the Parmesan cheese over the ricotta mixture. Layer the caramelized onions evenly over the ricotta mixture. Top with the remaining Parmesan. Bake 25-30 minutes, until the puff pastry is golden and baked through. Slice into squares or rectangles and serve warm.

Classic Salade Niçoise

Adapted from: http://www.davidlebovitz.com/archives/2010/07/classic_salade_nicoise.html#more

2 large, ripe tomatoes	Salt and freshly ground black pepper
1 clove garlic, peeled and halved	1 small cucumber, peeled, seeded, and sliced
2 spring onions, or 1 small red onion, peeled and thinly sliced	
½ cup peeled fava beans	½ head of lettuce, torn or shredded
1/3 cup small black olives, preferably Niçoise olives, pitted or unpitted	
3 hard-cooked eggs (see below)	6 tablespoons extra-virgin olive oil or vinaigrette
2 tablespoons chopped fresh basil or flat-leaf parsley	
3-4 anchovy filets, cut into thin strips lengthwise, or a 6 ounces tin of tuna	

Rub the clove of garlic all over the insides of a wooden salad bowl. Cut the tomatoes into wedges and put them in a colander. Sprinkle them with salt, and let them drain for a few minutes while you finish the salad. Add the cucumber, onions, fava beans, olives, and lettuce to the bowl. Peel and cut the eggs into wedges. Mix the olive oil with the herbs and a bit of salt and pepper. Add the tomatoes to the bowl and toss most of the dressing with the salad, reserving a bit to drizzle over the eggs. (If using tuna, toss that with the salad as well.) Season with additional salt, if necessary. Place the eggs on top of the salad and drape the anchovy strips over the eggs. Pour the remaining dressing over the eggs.

To make hard-cooked eggs, begin with room temperature large eggs. Bring a small pot of water to a boil. Reduce the heat to a simmer and gently lower the eggs in. Cook for 9 minutes. Remove the eggs from the water and plunk them into a bowl of ice water, cracking the shells a bit after a few minutes, which aids in peeling.