

Riverdog Farm Veggie Box News
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July 27, 2009
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Box Contents:

2 lbs White Peaches
3-4 ears Sweet Corn
3-4 Cucumbers
1 Cantaloupe
1 Orange Honeydew Melon
2 lbs Tomatoes
1 lb Onions

Field Notes: More ripening weather is expected this week. Highs are expected to be in the 105-107 degree range. This means the melon plantings are steadily producing sweet ripe melons. It also means that we will schedule some shorter workdays in an effort to reduce heat exposure. The farm mode at this time is harvest, hoe, pack, and deliver orders – and eat lots of sweet corn, a melon a day, and tomatoes at nearly every meal. A reward for all this work – delicious, abundant food! Thank you for supporting the farm and all the people who help bring food to your table.

Box Notes: One of the easiest summer salads to prepare is a cucumber-tomato-feta cheese combination. Dice the cucumbers, quarter the tomatoes, thinly slice onions into rounds, cube the feta, toss together, add some salt and pepper, and drizzle with olive oil. To add some additional color, cut the corn off the cob & add to the salad raw. Each summer when melons are flying off the plants, another refreshing salad is a melon-cucumber mix, tossed with chili pepper and salt. I first ate this combination at one of our farm team soccer games many years ago. The salty spiciness mixed with the melon's juicy sweetness and the cucumber's crunch creates a quenching salad. It's a two-melon box this week: enjoy your melons for breakfast, in a fruit salad, with yogurt, or for a sweet dinner dessert. It's melon marathon time!

Good Humus Farm Annual Peach Party! Good Humus Farm is a neighboring farm that grows stone fruit such as apricots and peaches. We occasionally buy fruit from them to supplement the veggie boxes. Each year, the farm hosts a "peach party" to celebrate the end of their fruit harvest. You're invited to attend as a part of their extended farm community! The party is Saturday August 1, 2009 from 11:00 am to 11:00 pm. Come anytime between those hours. People arriving early in the day (between 11 am and 1 pm) may help with the food preparation (for example, peach salsa).

Good Humus Farm
12255 County Road 84A
Capay, CA 95607

Party contact (Annie Main): (530) 787-3187

Bulk cases of white peaches are available for canning, making jam, or freezing. Or, as some subscribers like, order a whole case just to enjoy fresh fruit all week - sliced on cereal, for dessert, with yogurt, or as part of your lunch at work.

White Peaches: 10 lb case is \$25.00

Bulk cases of Early Girl and Roma tomatoes are available by the 20 lb case for making sauce, freezing, or canning whole.

Early Girl or Romas: 20 lb case is \$30.00

Place your order by Sunday for delivery during the following week. Please send payment when you place your order.

Payment Reminder: The veggie box price is \$20 per week. August payment is due by July 31, 2009.

Monthly payment for four **Wednesday / Thursday / Friday** deliveries in August is \$80.

If you have any questions about your account status, please email us at csa@riverdogfarm.com or call (530) 796-3802.

