

Box Contents:

1 pt Sweet 100 & Sungold
Cherry Tomatoes
¾ lb Blue Lake Green Beans
½ lb Summer Squash
2 pcs Green Slicing Cucumbers
1 pc Armenian Cucumber
2 lbs Yolo Sweet Onions
2 lbs White Peaches

Field Notes: Over the weekend, south winds cleared the valley of haze and opened up the beautiful blue sky. With south winds come milder temperatures, too. So we've got it pretty good for this week with highs in the low 90s and morning temperatures dipping into the refreshing upper 50s. In the field we're preparing ground for early fall brassica transplants. Cover crop and harvest leftovers have been mowed and ploughed. And this week we're spreading and disking compost into the soil. We picked through our first planting of corn early in the week, and we're going to gap for about ten days before the next planting is ready for harvest.

Eggplants and peppers will push in volume soon enough. The forecast looks good for the Good Humus Peach Party.

Good Humus Peach Party, August 2nd: The annual Good Humus Peach Party will be on Saturday, August 2nd. 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!

Payment Reminder: Payment is due the first week of August.

- Monthly payment for four **Wednesday** deliveries in August is \$64.
- Monthly payment for four **Thursday** deliveries in August is \$64.
- Monthly payment for five **Friday** deliveries in August is \$80.

We don't place ads for our program, but we're always looking to boost membership. We find that endorsement from members who have experience with 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, have them give us a call or visit our website: www.riverdogfarm.com Thank you!

Box Notes: Another week of sweet cherry tomatoes! Sungolds (orange) & Sweet 100s (red) are two of the sweetest varieties of tomatoes we grow. The Blue Lake green beans are very sweet raw. They're also great steamed or stir-fried. You'll find two green slicing cucumbers as well as an Armenian cucumber in your box. The Armenian cucumber doesn't need to be peeled. The samples of green slicing cucumbers were sweet, bitter less, and ready to be served. While we sort out peaches that show evidence of splitting for drying, many of our white peaches have split pits although they show no signs. Still, the white peaches are very sweet. Summer squash is back! I really enjoy them sautéed with butter. The yellow onions are the same variety as grown in the Walla Walla region in Washington. They are sweet, tender, and delicious when sautéed. Good eats!

Rishta bi Laban wa Bassal (Tagliatelle with Yogurt and Fried Onions) from *The New Book of Middle Eastern Food* by Claudia Roden

**3 large onions, cut in half, then
into thick slices**

14 ounces tagliatelle

**1 quart plain whole-milk yogurt
at room temperature**

4 tablespoons extra-virgin olive oil

3 cloves garlic, crushed

Salt

1 teaspoon sumac

In a large saucepan, fry the onions in the oil, covered, over very low heat, until golden, stirring often. Add the garlic and cook moments more, until it begins to color. Turn off the heat. Heat through when you are ready to serve.

Boil the tagliatelle in salted water until done al dente.

Beat the yogurt with a little salt. Serve the tagliatelle directly on the plates. Pour the yogurt on top and sprinkle with fried onions and a dusting of sumac.

Cacik (Yogurt and Cucumber Salad) from *The New Book of Middle Eastern Food* by Claudia Roden

**1 medium cucumber, diced or cut into
half-moon slices**

1 clove garlic (optional)

**1 sprig of mint, finely chopped, or ¾ tablespoons crushed dried mint,
1 sprig of dill, finely chopped**

**1 cup plain whole-milk or thick strained
Greek Yogurt**

White pepper

Peel and dice the cucumber, or cut them in half lengthwise, then into half-moon slices. Unless the salad is to be served immediately, sprinkle with plenty of salt and leave for 1 hour in a colander for the juices to drain.

Beat the yogurt in the serving bowl with the garlic, mint, and pepper. Rinse the cucumber of excess salt, drain, then mix into the yogurt. Add a little salt, if necessary.

Fresh Mozzarella Salad with Cherry Tomatoes from *Chez Pannise Café Cookbook* by Alice Waters

8 ounces fresh mozzarella

Pepper

Basil, marjoram, parsley, mint or thyme

Sliced prosciutto (optional)

Sea Salt

Extra-virgin olive oil

Vine-ripened cherry tomatoes

Olives (optional)

Have the mozzarella at room temperature. Cut it into 1/4 inch slices and arrange on a platter. Season very lightly with sea salt and generously with freshly ground pepper. Drizzle with extra-virgin olive oil. Roughly chop the herbs (one herb or a combination) and scatter them over the cheese. Add the cherry tomatoes, sliced in half and salted; surround with prosciutto slices, and decorate with black olives.

Sautéed Summer Squash with Garlic and Lemon from *Vegetarian Cooking for Everyone*, by Deborah Madison

1 tablespoon oil

1 garlic clove, sliced

**¾ pound summer squash, thinly sliced
or diced into small cubes**

Salt and freshly milled pepper

1 teaspoon finely grated lemon zest

**1 tablespoon chopped herbs, such as
dill, marjoram, and basil**

Heat the oil in a wide skillet, add the garlic, and cook over medium heat until it begins to color. Raise the heat, add the squash, and sauté until heated through. Lower the heat and continue to cook, turning occasionally, until tender and golden around the edges, 8 to 10 minutes. Season with salt and pepper, toss with the lemon and herbs, and serve.