

Box Contents:

1 lb Cucumbers
4 ears Sweet Corn
1 bu Curly Kale
1½ lbs Tomatoes
1½ lbs Summer Squash
1 lb Onions
1 bu Carrots
1 Red Watermelon

September Payment due by August 26, 2011:

September payment for four **Wednesday** deliveries is \$80.

September payment for five **Thursday / Friday** deliveries is \$100.

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: This summer we have several high school students, some sons and daughters of employees, who are working at the farm. Many of the students work on the farm because they're interested in agriculture. Some of them work on the farm primarily for the income; others work for the ag experience. A big part of the local public high school is the Future Farmer's of America (FFA) program. FFA is a national agricultural, leadership organization that prepares students for farm-related educations and careers. When students work 500 hours at an ag-related job, they earn an agricultural proficiency award from the State FFA. Some of the students are striving to attain this award. Anna, a high school senior this fall, spent her first paycheck from Riverdog Farm on an above ground swimming pool for her family. Her younger brother Emanuel, who also works here during the summer and some Saturdays during the school year, learned how to swim in their new pool.

This week the local high school's FFA chapter is in Ft. Bragg on a 3-day officer's camping retreat so some of our summer workers are absent. We'll miss their cheery faces while they're away planning their FFA activities for the school year. When students work on the farm during the summer months, they contribute their enthusiasm while sharing their curiosity about the way the farm works. In next week's newsletter, we'll feature an article written by our daughter Cassidy about the farm bill that she wrote to present to the FFA chapter officers during their retreat. Our kudos to the kids who are investing their time on the farm with us this summer. Their help is much appreciated.

Box Notes: The bunched greens are winding down due to the increasing summer temperatures. We decided to include the curly kale in the veggie box before it's done. New this week is watermelon! Our red watermelon is the first to ripen in this crazy, late season. Hope you enjoy the juicy sweetness of the quenching first watermelon.

Cornbread with Fresh Corn from

<http://allthingsnice.typepad.com/tastebuddies/2009/01/cornbread.html>

½ cup of butter	1/3 cup of white sugar
2 eggs	1 cup buttermilk
½ teaspoon baking soda	1 cup cornmeal
1 cup all-purpose flour	½ teaspoon salt
1 cup of sweet corn kernels	

Preheat oven to 375 degrees. Grease an 8 inch square pan.
Melt the butter in saucepan. Remove from heat and pour into a mixing bowl. Stir in sugar. Add the eggs, one at a time, and whisk until combined.

In a separate bowl combine the buttermilk with baking soda and stir well. Pour buttermilk mixture into the melted butter mixture and stir well.

Use a wooden spoon to stir in the cornmeal, flour, and salt until mixed well and only a few small lumps remain. Add the corn kernels (cut off the cob) and stir to combine.

Spoon batter into pan. Bake in the oven for 30 to 35 minutes, or until a toothpick inserted in the center comes out clean.

Sautéed Curly Kale adapted from <http://dutchfood.about.com/od/sidedishes/r/SauteedKale.htm>

1 large bunch kale
1 onion, finely chopped
½ red chili, thinly sliced

1 tablespoon olive oil
1 clove garlic, thinly sliced
Salt & freshly milled pepper

Bring a large pot of salted water to the boil [or steam until well wilted-RDF]. Meanwhile, clean the kale by ripping the leaves off the stem and washing them thoroughly. Place the leaves in the boiling water and boil for approximately 5 minutes. Drain and place the leaves on a large plate.

Heat the oil in a large frying pan and gently fry the onions, garlic and red pepper for approximately 5 minutes. Now add the kale. Toss and sauté for another 10 minutes. Season to taste.

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.

Spicy Kale with Tomato Filets and Beans from <http://confredas.com/2011/06/kale-recipe/>

1½ lbs kale, washed, stemmed & chopped
2 tablespoons olive oil **1 cup onion, sliced**
4 garlic cloves, sliced **¼ teaspoon crushed red pepper**
2 Roma tomatoes, seeded and julienned
1 cup cannellini beans, cooked
¼ cup water **Salt & pepper to taste**
1 tablespoon red wine vinegar

In a large sauté pan or Dutch oven, heat olive oil over medium heat. Add onions and garlic. Sauté until they start to color.

Add red pepper and kale. Sauté kale until wilted. Add beans, tomatoes and water. Season with salt and pepper.

Cover and steam-sauté 5 minutes.

Uncover and cook until most of the liquid has evaporated. Add vinegar and toss to combine. Serves 4.

Watermelon Smoothie from

<http://cookeatshare.com/recipes/watermelon-smoothie>

2 cups Watermelon chunks, seeds removed
1 Tablespoon sugar **1 cup cracked ice**
½ teaspoon ground ginger **½ cup plain yogurt**
1/8 teaspoon almond extract

Combine all ingredients in a blender. Blend until smooth.

Watermelon, Feta, and Basil Salad adapted from

<http://wanderingchopsticks.blogspot.com/2008/07/watermelon-feta-and-basil-salad.html>

2 cups seedless watermelon, diced
1 tablespoon feta cheese, crumbled
6 large basil leaves, julienned
1 tablespoon red wine vinegar
Freshly ground black pepper

Dice the watermelon, crumble the cheese, julienne the basil, drizzle the vinegar, and grind the black pepper. Taste. Adjust.