

Riverdog Farm Veggie Box News
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Box Contents:

5 ears Sweet Corn
1½ lbs Tomatoes
¾ lb Green Beans
1 lb White Peaches
1 lb Cucumbers
1 Cantaloupe
1 Watermelon

Field Notes: Our new solar system is installed and operational! Thanks to the diligent work of the crew from Constant Energy Source based in Woodland, 120 panels are on the rooftop of the ag building where your veggie boxes are packed. There are 4 computerized inverters that display how much carbon is saved as the panels collect the sunlight. Today, each of the 4 inverter's displays are reading "2274 lbs of CO₂" saved. More to come in future newsletters on how the solar system works to reduce the farm's fossil fuel energy usage. Harvest forecasting: pepper, eggplant, and more melons are on the horizon.

Box Notes: Please enjoy this week's extra bountiful box. This year, August is melon time. Enjoy the cantaloupe and watermelon in a refreshing fruit salad for breakfast. While fruit is abundant, the veggie box will contain more fruit than other times of the year. Hope you enjoy the sweet juiciness of the fruit! This week's corn is big and beautiful. Steam the de-husked corn to eat corn on the cob or dip the whole ear (with leaves/husk on) in water then place the ears on the grill. This way, they will steam cook in their husk. When the leaves are slightly blackened, the kernels are probably ready to eat. Allow the ears to cool slightly before peeling because the ears will have some steam inside of them.

Payment Reminder: The veggie box price is \$20 per week. Payment for September is due August 27, 2010.

Monthly payment for five **Wednesday / Thursday** deliveries in August is \$100.

Monthly payment for four **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.

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.

Roma Tomatoes: 20 lb case of Roma 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

Riverdog Farm Pastured Pork: Riverdog Farm hogs are certified organic (CCOF) animals. Meat is processed in non-organic facilities, therefore pork is not certified organic. Pork is delivered frozen.

Pork Shares: 15 to 20 lb cases of assorted cuts at \$7 per pound

Smoked Bacon: 5 lbs of bacon is \$50

Pork Sausages: 10 lbs of assorted styles is \$65

Email csa@riverdogfarm.com for more information or to request a list of pork shares. Visit our *Hog Blog* (riverdoghog.blogspot.com) to view photos of our pigs.

Simple Succotash from RDF

When corn is in season, this dish is a tasty, filling way to meld many of summer's finest crops. Each year, we include a variation of this recipe when corn is offered in the boxes.

1 large onion, finely chopped

½ cup olive oil

2-3 ears sweet corn, cut off the cob

4-6 tomatoes, cut in fourths

1-2 cups green beans, de-stemmed and cut into 1 inch pieces [When fresh shelling beans are in season, they can replace the green beans but require a little longer cooking time.]

2-3 pieces summer squash, chopped into ½ inch pieces

4-6 cloves minced garlic

Salt & pepper

Crumbled feta cheese

Sauté the chopped onions in the olive oil in a very large skillet until translucent. Add the quartered tomatoes, flattening them as you add them to the onions to release their juices. Toss in the chopped green beans. Add the summer squash. Then add the sweet corn. Add the minced garlic. Simmer covered until all the veggies are tender, about 20-25 minutes. Top with crumbled feta cheese. The end result is a very satisfying, flavorful summer dish.

Twin Oaks Cornbread with Honey Butter

From: <http://www.theatlantic.com/food/archive/2009/10/cornbread-sweet-or-savory/28755/>

By Regina Charboneau, author of *Regina's Table at Twin Oaks*

1 cup white cornmeal

2 cups yellow cornmeal

1 tablespoons baking powder

½ teaspoons salt

6 eggs

1 cup buttermilk

1 14oz. can creamed corn [Use fresh corn off the cob here. Add a little more buttermilk to increase the liquid - RDF]

¼ lb butter (2 tablespoons to oil the skillet, the rest goes in the batter)

Preheat oven to 450 degrees. Best baked in a cast iron skillet. If you like sweet cornbread, you may add 1/4 cup of sugar. I prefer savory cornbread served with honey butter. Mix white cornmeal, yellow cornmeal, baking powder, and salt (if you are adding sugar add it to dry mix). In separate bowl with wooden spoon, mix creamed corn, buttermilk, eggs, and 6 tablespoons of melted butter together until smooth. Stir in cornmeal dry mixture. After melting 2 tablespoons of butter in cast iron skillet, skillet should be hot. Pour in batter and bake for 18-20 minutes. The center should be firm.

Honey Butter: ¼ lb of butter whipped with 2 tablespoons of honey. Always whip your butter first, and then add the honey for a smooth butter.