

Riverdog Farm Veggie Box News
PO Box 42 Guinda, CA 95637
(530) 796-3802

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www.riverdogfarm.com
csa@riverdogfarm.com

Box Contents:

1½ lbs Sweet Peppers
1 bu Basil
1 bskt Cherry Tomatoes
1½ lbs Tomatoes
2 Melons
1½ lbs Potatoes

Field Notes: August has arrived! This is the time of year when we start sun-drying our Early Girl and Roma tomatoes and white peaches. The fruit is halved, then placed on wooden drying trays. Placed in direct sunlight, the fruit dries quickly. In our hot, dry climate, it only takes a few days for the fruit to lose most of its moisture. The sweet aroma of the drying fruit is intoxicating and mouth-watering. The view of the rows of fruit-filled trays imprints a lasting image of the time taken to bring the crops to this stage: the tomatoes were seeded by hand in January,

transplanted in April, irrigated with drip tape laid by hand, trellised by hand, picked by hand, cut by hand, placed on the trays by hand, then left to dry in the sun to be collected and stored for sale throughout the winter at the farmers markets. Tomatoes take about ¾ of a year to come to fruition. Like most crops in farming, all of the investment (monetary, time, energy) in the crop happens before we receive the income from the crop. The veggie box program helps sustain the farm by the advance payment structure. Thank you for sustaining the farm!

Box Notes: August is also the beginning of the pepper harvest. Peppers in our region are harvested from August until the first frost in late November. The orange colored peppers in your box this week are Gypsy and Flamingo varieties. They are a tapered sweet pepper delicious raw, roasted directly over a flame, or finely chopped and stir-fried. When we had the fortune of being invited and sponsored by Chez Panisse to attend the Slow Food Conference in Tourin, Italy in 2004, a farming family who lives in a town called Carmagnola hosted us. The village, known for its pepper growing abilities, hosts a Pepper Festival in late August that attracts 250,000 people! We had the opportunity to tour the farms of the region and taste many pepper varieties. The number of small farms impressed us and kitchen gardens everywhere you looked, even median strips and open lots were filled with gardens. When you eat the peppers, think of all the people around the world who enjoy peppers as a part of their diets.

Early Girl & Roma Tomatoes: Early Girl and Roma tomatoes are available by the 20 lb case for making sauce, freezing, or canning whole.

Early Girls 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. September payment is due by August 28, 2009.

Monthly payment for five **Wednesday** deliveries in September is \$100.

Monthly payment for four **Thursday / Friday** deliveries in September 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.

We don't advertise our CSA program. We currently have space for additional subscribers. 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 our website: www.riverdogfarm.com.

Riverdog Farm Pork Sausages! In time for barbeque season, a 10 lb case of Riverdog Farm assorted pork sausages is now available. Sausages are made from pasture-raised Riverdog Farm hogs certified organic by CCOF. Pork and sausage are processed at non-certified organic facilities. We use quality pork for our sausages – not just the trim! Riverdog Farm pork sausages do not contain nitrates or any artificial ingredients.

Each case is \$65 and contains an assortment of styles. The sausages are uncooked and delivered frozen to your pick-up location. Email or phone your order by the Sunday before your delivery day. Please remit payment to our address when placing your order.

Riverdog Farm Pastured-Pork: Pork shares include an assortment of cuts and sausages. Riverdog Farm hogs are certified organic by CCOF. Pork and sausage are processed at non-certified facilities. Our pork has great flavor and good marbling!

Pork shares are \$7 per pound and range from 20 to 27 pounds. The assortment includes cut-and-wrapped ribs, loin chops, shoulder steaks, sirloin chops, tenderloin, shoulder roasts, and sausages. Each share is packed into a cardboard box (the same size box as the veggie box) and delivered frozen to your pick-up location.

To request a detailed list of availability or to place an order, email csa@riverdogfarm.com or call (530) 796-3802. For photos of our hog operation, visit our *Hog Blog* at riverdoghog.blogspot.com.

Ratatouille Recipe (by Carol E. Smith)

From: <http://cookeatshare.com/recipes/ratatouille-148>

1 medium sweet onion, sliced	1 medium eggplant, halved, cut into ¼ inch slices
2 medium zucchini, cut into ¼ inch slices	2 large cloves garlic, crushed
½ to 2/3 cups olive oil	2/3 cup grated Parmesan cheese
1 pound mushrooms, sliced	2 large tomatoes, wedged
¼ c parsley	Salt

Sprinkle eggplant and zucchini with salt.

Drain on paper towels 20 minutes and then pat dry.

Cook eggplant and garlic, half at a time in 2 tablespoons of olive oil in a large skillet until crisp-tender, adding more oil if needed.

Remove eggplant to 13x9 baking dish.

Cook zucchini until crisp-tender, adding oil as needed.

Layer zucchini over eggplant.

Sprinkle with a small amount of cheese.

Cook onions and mushrooms separately, adding more oil to skillet, if necessary.

Layer remaining ingredients over zucchini, sprinkling each layer with cheese as follows: 1/2 the mushrooms, half of the parsley, onion, tomatoes, and remaining mushrooms and parsley.

Bake at 350 degrees until vegetables are done but still tender-crisp, about 20 to 25 minutes.

Serve hot or cold.