

**Riverdog Farm Veggie Box News**  
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**August 9, 2010**  
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**Box Contents:**

1 lb Lemon Cucumber  
2 lbs White Peaches  
1 lb Tomatoes  
1 Cantaloupe  
1 lb Green Beans  
4 ears Sweet Corn  
1 Extra Melon

**Field Notes:** These mild temperatures are conducive to carrot seed germination so we've been taking the cooler weather opportunity to seed several rounds of the fall carrots. The weather is also optimal for transplanting. Young kale and cabbage plants are heading from the greenhouse to the field this week. They were seeded in early July. Also this week, we had to repair an 8-inch main waterline dating back to the pre-plastic era. It was a cement pipe buried about 8 feet underground probably dating back to the 50s. It was a three-day project to excavate, replace, wait for the glue to dry, monitor the repair for leaks, and then fill the trench. One of the challenges was making the connection from the new plastic pipe section to the intact old, cement pipe. The fix is working so far. Keep your fingers crossed for a long-lasting pipe repair.

**Box Notes:** The extra melon in your box this week is either Charentais or a muskmelon. The Charentais is a French cantaloupe known for its brown-sugar flavor and firm texture. This small melon with a blue-ish, cream-colored skin tends to crack at the stem or blossom end when ripe. That is why it is not grown commercially in a big way. Trim off the crack when you are ready to eat the Charentais melon. The crack indicates ripeness, sweetness, and readiness to eat. The muskmelon is an eastern cantaloupe that is more fragrant than its (western) counterpart. The muskmelon has well-defined ridges, and like the Charentais is not grown in a big way due to cosmetic challenges. The lemon cucumbers are very quenching. They have a thin, mild tasting pale yellow skin that doesn't need to be peeled. A simple, quick salad includes fresh tomatoes chopped in chunks, cucumbers cut into eighths, and thinly sliced onions with oil, vinegar, salt, and black pepper. You can add fresh corn cut off the cob to this salad to add another flavor and color dimension. Enjoy another bountiful box!

**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 September is \$100.

Monthly payment for four **Friday** deliveries in September is \$80.

If you have any questions about your account status, please email us at [csa@riverdogfarm.com](mailto: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 and 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](mailto:csa@riverdogfarm.com) for more information or to request a list of pork shares. Visit our *Hog Blog* ([riverdoghog.blogspot.com](http://riverdoghog.blogspot.com)) to view photos of our pigs.

**Fassolakia Freska me Domata: Green Bean Casserole with Tomato**

From: <http://greekfood.about.com/od/greeksidedishes/r/grnbeanstomatos.htm>

**2 pounds of fresh green beans or other long "string" bean**

**2 cups of tomatoes, peeled and finely chopped**

**1 cup of olive oil**

**1 small bunch of fresh parsley, finely chopped**

**¼ cup of water**

**Fresh ground pepper**

**2 onions, finely chopped**

**1 green pepper, thinly sliced**

**2-3 cloves of garlic, finely chopped**

**Sea salt**

Wash the beans, cut off the tips and remove the stringy piece of fiber along the seam. Rinse the beans. In a soup pot, sauté the onions in olive oil with a wooden spoon until they turn translucent. Stir in the garlic and sauté a few minutes more. Add all the remaining ingredients and the water. Stir well, reduce heat, and simmer covered for 50 minutes or until the beans are tender. (Add more water if needed during cooking - boiling water.)

Serve warm. On the side, consider tzatziki or feta cheese, and certainly some great country bread. Yields 4 servings as a main dish, 6-8 as a side.

Note: For a more substantial dish, add 4 medium potatoes, peeled and cut into large chunks.

**Spicy Cantaloupe Salad** adapted from *The Splendid Table's How to Eat Supper*

From: <http://two-kitchens.blogspot.com/2009/05/spicy-cantaloupe-salad.html>

**1 medium and very ripe cantaloupe, peeled, seeded and cut into cubes**

**1/3 cup fresh basil leaves, cut into strips**

**1-2 tablespoons sugar**

**Dash of cayenne pepper, or 2 dashes if you're serious**

**Salt and pepper to taste**

**2 limes, zested and juiced**

**2 drops Asian fish sauce**

Put everything in a bowl. Stir! Refrigerate for an hour or so to let the flavors meld.