

## Riverdog Farm Veggie Box News

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August 15, 2011

[www.riverdogfarm.com](http://www.riverdogfarm.com)

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### Box Contents:

1 bskt Cherry Tomatoes  
1 Watermelon  
1 lb Sweet Peppers  
½ lb Green Beans  
1 lb Eggplant  
1 lb Armenian Cucumber  
4 ears Sweet Corn

### 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](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 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:** Recent warm daytime temperatures keep the crops ripening at a steady pace. Watermelons, cantaloupes, eggplant, and peppers with color are coming out of the field in a big way. When there are new crops to harvest, the farm feels loaded with delectable edibles: stacks of brightly colored cherry tomatoes, orange carrots freshly washed, papery onions, red, white, and yellow in bins for sorting, and stacks of red slicing tomatoes in yellow harvest totes in the packing shed ready for sorting and allocating to the CSA, restaurants, stores, and wholesalers. We indulge in the new crops voraciously to taste test for ripeness and simply to enjoy the flavor of the crops at their peak. We've been eating sweet corn, tomatoes and watermelon daily. While the nighttime conditions are cooler with pre-sunrise dewdrops, summer crops are in full production. Hope you've gotten a glimpse of the August full moon. It was full on Saturday August 13th. The next full moon will be Monday September 12.

**Box Notes:** The cucumbers, peppers and green bean plants continue to produce beautifully. The cucumbers are mild and crunchy, the peppers are sweet, and the green beans are tender, picked at just the right size before the bean becomes too big in the pod. The sweet corn has an occasional worm at the tip. They like to eat the corn kernels. When you unpack your veggie box in your kitchen, peel back the leaves at the tip of the ear of corn and remove the worm, to prevent further tip damage. Or you can trim the cob before refrigerating by removing the tip of the ear, along with the ends of the leaves, with a sharp knife.

### Roasted Peppers Stuffed with Cherry Tomatoes, Onion, and Basil

From <http://www.mariquita.com/recipes/peppers.html>

**4 red & yellow bell peppers**      **1 pint cherry tomatoes**  
**1 medium onion**                      **1 cup packed fresh basil leaves**  
**3 garlic cloves**                              **About 3 tablespoons olive oil**

Preheat oven to 425F and lightly oil a large shallow baking pan. Halve bell peppers lengthwise and discard seeds and ribs. Arrange peppers, cut sides up, in baking pan and lightly oil cut edges and stems.

Halve tomatoes and chop onion and basil. Finely chop garlic and in a bowl toss with tomatoes, onion, basil, 2 tablespoons oil, and salt and pepper to taste. Divide mixture among peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

### Eggplant Parmigiana

From <http://www.eggplantrecipes.net/EggplantRecipes/EggplantParmigiana.htm>

**2 (1 pound each) eggplants, trimmed, peeled, and cut into ¼ inch thick rounds**  
**½ cup all-purpose flour, for dredging**                      **2 large eggs, lightly beaten**  
**1 cup fine dry breadcrumbs**                              **½ cup olive oil**  
**3 cups tomato basil sauce**                                      **8 ounces sliced mozzarella cheese**  
**¼ cup grated Parmesan cheese**

