

Riverdog Farm Veggie Box News
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Box Contents:

2 lbs White Peaches
2 ears Sweet Corn
2/3 lb Green Beans
1 lb Onions
1 Watermelon
1 Cantaloupe
1 bu Basil
1 lb Cucumbers

Field Notes: Continued mild day and cool nighttime temperatures have us wondering if autumn is around the bend. Unlike other summers, the bunching greens – kales and chards – have held on through the hotter days and continue to produce leaves. We've been able to keep harvesting the spring planted greens in small quantities for the farmers markets. Soon, probably in mid-to-late September there will be a new wave of greens to start harvesting for the veggie boxes. Shortly after that, in early November we'll start harvesting parsnips. We're excited to have a successful stand of parsnip transplants this year. The parsnip plants are slow-maturing so they will be in the ground for about 6 months before they are full, carrot-sized roots ready for

harvest.

Box Notes: Basil is making its first appearance in the veggie box this week. It is delicious in a variety of dishes. Raw or cooked, basil is a potent culinary herb used to impart a sweet and pungent flavor. When cooking with basil, add it at the last moment to preserve the most flavor. With this week's box contents, you can finely chop basil, toss it into a salad of cubed cucumbers, thinly sliced onions, and fresh corn cut off the cob. Drizzle the salad with olive oil and vinegar. Then add some salt and pepper.

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

Ginger Cakes with White Peaches and Black Coulis from: <http://sproutedkitchen.com/?p=1858>

Inspired by *The Golden Door Cooks at Home* by Dean Rucker

Tip: Egg whites are easier to beat when they sit at room temperature for a bit. As far as substitutes, you could use regular white sugar instead of what is listed below if that is what you bake with, and have on hand. I imagine they could be made gluten free with rice flour or a gluten free baking mix, but I haven't tested that myself. I like a lot of ginger, and found the below measurement to be pretty modest. If you make them, I'd love to hear your feedback on the ratio!

Makes 4 Small Cakes

3 extra large egg whites (4 if any smaller)

Pinch of salt

¼ scant cup Turbinado sugar

1½ tablespoon fresh grated ginger

1 ripe white peach

Juice of one lime, about 2 tablespoons

1 tablespoon half & half or heavy cream

½ teaspoon cream of tartar

¼ cup natural cane sugar or Sucanat

1 teaspoon real vanilla extract

¼ cup unbleached all-purpose flour

1¼ cup blackberries

1 tablespoon honey

Preheat oven to 350 degrees.

In a mixing bowl, beat the egg whites, cream of tartar and salt with a hand mixer on high until peaks form (about 3 minutes). They should quadruple in size. Once it's holding shape, continue beating it, while slowly sprinkling in the sugars. Beat in the vanilla extract and fresh grated ginger.

Using a rubber spatula, sprinkle and fold in the ¼ flour, being careful not to deflate the egg whites.

Coat four, 4-6 oz. ramekins with natural cooking spray, gently divide cake mix between them. Place ramekins on a baking sheet, and put in the oven on the middle rack. Bake for 14 minutes. Allow them to cool about 5 minutes, then remove them from the ramekin. I give mine a good slam down on a cutting board, then flip them over. The cake comes right out.

While the cakes are cooking, blend the blackberries, lime juice, honey and splash of cream together. Taste for sweetness, as the quality/ripeness of the berries may require you to add a tad more honey, it should be tart.

Cut the peach in half, and in thin slices.

Assemble with one cake, a few spoonfuls of the blackberry sauce and some fresh peach slices.

Watermelon, Feta, and Basil Salad Adapted from:

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

For two people, you'll need:

2 cups seedless watermelon, diced

6 large basil leaves, julienned

Freshly ground black pepper

1 tablespoon feta cheese, crumbled

1 tablespoon red wine vinegar

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