

**Riverdog Farm Veggie Box News**  
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**August 17, 2009**  
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**Box Contents:**

1½ lbs Black-Eyed Peas  
1 lb Fingerling Potatoes  
1½ lbs Sweet Peppers  
1 lb Tomatoes  
½ lb Green Beans  
2 Cucumbers  
1 lb Magenta Jewel Grapes

**Field Notes:** Another warm week ahead means that the cool week we described in last week's newsletter was probably just a teaser. But that's ok because there is still a lot of summer crops in the ground that benefit from the warmer weather. This week we are focused on planting some fall crops including: lettuce seeded in the shade house, beets, spinach, carrots, and transplants of kales and chards. Mid-August is the time of year when we spend time spreading compost on recently prepped fields, mowing nut orchards to prepare for the nut harvest, and completing the onion harvest. Farming is a juggling act

that requires planning observation, timing, and coordinated effort by all involved. While we're harvesting what's available in the moment, we're thinking about what's next in order to provide a steady supply of produce and stable jobs. Thank you for your ongoing commitment to the farm's vitality.

**Box Notes:** The table grapes in this week's box come from Capay Organics (certified organic by CCOF), our neighbors at the south end of the valley. The variety is called Magenta Jewel. Enjoy the sweet, seedless grapes right off the vine. The potatoes have a waxy quality, a characteristic of most fingerling varieties. The black-eyed peas are at a fresh shelling stage meaning that they are not completely dry and cook very fast. Remove the beans from the pods and simmer in a skillet with sautéed onions, garlic, small cubes of summer squash and chopped tomatoes (make sure there are enough tomatoes to create liquid in which the beans can simmer). Add some fresh corn off the cob when the beans are close to done. The beans are done when they are soft when mashed. This is a simple succotash recipe that we frequently enjoy during the summer months, and it is yum!

### **Hoes Down Harvest Festival**

**Saturday October 3, 2009 from 11:00 am to 11:00 pm at Full Belly Farm in Guinda. This fun event to celebrate rural living is down the road from Riverdog Farm.**

**For more information go to [www.hoesdown.org](http://www.hoesdown.org).** The Saturday event costs \$20.00 for adults & \$5.00 for children ages 2-12. Children under 2 are free! On Sunday October 4, 2009 there will be several farm-related workshops such as Meet your Meat, The Chicken and Egg, Olive Oil 101, and Home Brewing. The Sunday workshops require pre-registration. To defray the admission cost to the Saturday event, volunteer opportunities are available.

**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](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.**

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

**Riverdog Farm Pork Sausages!** Enjoy 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 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 flavors. 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](mailto:csa@riverdogfarm.com) or call (530) 796-3802. For photos of our hog operation, visit our *Hog Blog* at [riverdoghog.blogspot.com](http://riverdoghog.blogspot.com).

### **Gypsy Peppers Stuffed with Fromage Blanc**

From the website: <http://gourmetfood.about.com/od/fishandseafood/r/stuffedpeppers.htm>

This wonderful stuffed pepper recipe comes from Greens Restaurant in San Francisco. Reprinted on the web from Organic Marin: Recipes from Land to Table (Andrews McMeel 2008).

#### **4 gypsy peppers**

**½ teaspoon kosher salt, plus more for sprinkling**

**2 tablespoons olive oil**

**¼ teaspoon freshly ground pepper, plus more for sprinkling**

#### **For the Filling:**

**1½ cups fromage blanc, ricotta, or fresh goat cheese**

**1 tablespoon minced fresh flat-leaf parsley**

**1 tablespoon minced fresh chives**

**1/8 teaspoon freshly ground pepper**

**1 large egg**

**1 tablespoon minced fresh tarragon**

**½ teaspoon kosher salt**

Preheat an oven to 400°F. Rub the peppers with olive oil, the ½ teaspoon salt, and the ¼ teaspoon pepper. Place the peppers on a baking sheet and roast for 15 to 20 minutes, until the skin is blistered and the flesh is soft. Remove from the oven and let cool to the touch. Peel the peppers, being careful to remove the skin around the stems, leaving the stems in place. Make a lengthwise slit into each pepper and remove the seeds. Sprinkle the peppers with more salt and pepper.

Decrease the oven temperature to 375°F. Oil a baking sheet.

For the filling: Combine all the ingredients in a medium bowl and mix well. Gently spoon ¼ cup of the filling into each pepper. Place the peppers, seam side down, on the prepared pan. Bake for 25 to 30 minutes, until the peppers are puffed and the filling is set. Serve warm. Serves 4 as a first course.