

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:

1 Red Seedless Watermelon
1 Cantaloupe
3-4 ears Sweet Corn
1½ lbs Tomatoes
1 lb Eggplant
1 lb O'Henry Peaches
1½ lbs Potatoes

Field Notes: North winds started to blow this weekend. The winds help keep the temperatures down but they stir up a lot of dust. Hopefully, they won't be long lasting. The farm is in peak hustle-bustle summer mode with over 100 types of crops ready for harvest and many crops going into the ground for the fall and winter. This is truly an amazingly productive time of year when each employee's important decisions matter most. Questions arise daily that determine the timing and quality of harvest: Is it time to slow down the irrigation so that the melons in this field build up ample sugar content? Do the

melons in this field have enough sugar content now to harvest and do their stems slip off the fruit indicating readiness to pick? How is the size and flavor of these cucumbers? Does this eggplant look ripe and are they getting picked before the seeds are too big? Do these peaches have enough sweetness to be picked yet are firm enough to be shipped to you in the CSA boxes? How ripe are these watermelons? Will they pop open when handled if they're too full of moisture? All of these considerations are given our full attention each day as we put forth the best effort to bring you a CSA box of the highest quality.

Box Notes: The red seedless watermelon is at its sweetest this week. Enjoy it chilled in a fruit salad with cubes of the cantaloupe and sliced peaches. The O'Henry peaches are from Good Humus Farm in Capay. They are certified organic by Stellar Certification Services. Your corn ears have been tipped to remove corn worm activity. Corn worms tend to find the ears towards the end of summer. We grow several varieties of eggplant – each type has a subtly unique flavor. The white with streaks of violet variety is Listada di Gandia. It has a creamy white flesh that is tender and mild tasting. Use it in recipes that call for eggplant, as it is interchangeable with the more common, dark purple globe variety.

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: Our organic almond butter is available for delivery 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

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 cumbers 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 pastured pigs.

Peach Cake from our friends at Good Humus Farm who grew the peaches in your box this week, Jeff and Annie Main

3 cups coarsely chopped peaches (about 1 pound)

½ cups sugar

2 teaspoons lemon juice

1-teaspoon vanilla extract

1 large egg lightly beaten

½ teaspoon baking powder

1/3-cup milk

1-tablespoon butter

½ teaspoon almond extract

1 cup all purpose flour

¼ teaspoon salt

Preheat oven to 375 degrees. Combine the chopped peaches, ¼ cup sugar, and lemon juice. Set aside. Beat ¼ cup sugar and butter at medium speed of a mixer until well blended. Add vanilla extract, almond extract, and eggs; beat well. Lightly spoon flour into dry measuring cup and level with a knife. Combine flour, baking powder, lemon rind, and salt. Add flour mixture to butter mixture alternately with milk, beginning and ending with flour mixture; mix after each addition. Spoon cake batter into an 8 inch baking dish coated with cooking spray. Spoon peaches over batter. Sprinkle with almonds. Bake for 40 minutes or until golden brown. Serve with frozen yogurt. Yields 6 servings.

Baba Ganoush adapted from: <http://www.davidlebovitz.com/2008/07/baba-ganoush/>

3 medium-sized eggplants

1¼ teaspoon coarse salt

3 cloves garlic, peeled and smashed

1 tablespoon olive oil

½ cup tahini (roasted sesame paste)

3 tablespoons freshly squeezed lemon juice

1/8 teaspoon chili powder

¼ cup flat-leaf parsley or cilantro leaves

Preheat the oven to 375F. Prick each eggplant a few times, then char the outside of the eggplants by placing them directly on the flame of a gas burner and as the skin chars, turn them until the eggplants are uniformly-charred on the outside. (If you don't have a gas stove, you can char them under the broiler. If not, skip to the next step.) Place the eggplants on a baking sheet and roast in the oven for 20 to 30 minutes, until they're completely soft; you should be able to easily poke a paring knife into them and meet no resistance. Remove from oven and let cool. Split the eggplant and scrape out the pulp. Puree the pulp in a blender or food processor with the other ingredients until smooth. Taste, and season with additional salt and lemon juice, if necessary. Chill for a few hours before serving. Serve with crackers, sliced baguette, or toasted pita chips. Serves eight.

Storage: Baba Ganoush can be made and refrigerated for up to five days prior to serving.