

**Box Contents:**

1 Charentais Melon  
1 Cantaloupe  
1 lb Cucumbers  
1 lb Sweet Pepper Mix  
2 lbs Mixed Tomatoes  
4 ears Sweet Corn  
1 lb Summer Squash

**October/Fourth Quarter  
Payment is due by  
September 30, 2011:**

October payment for four deliveries is \$80.

Fourth Quarter payment for 11 weeks of deliveries in October, November, and December is \$220.

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

**Early Girl Tomatoes:** 20-lb case for \$26

**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:** The end of August has become melon mania time. Multiple varieties are coming out of the fields at once – it's a feast for the eyes, noses, and mouths! Some of the melon varieties include the yellow oblong Crenshaws with pale peach flesh, green Galias with netted yellow exteriors, cream-colored flesh of the Charlyns and Sensation types, and cream-colored Orange Honeydews with sweet, orange flesh. In the coming weeks, hopefully you'll get to taste test some of each of the varieties as we harvest waves of plantings. While the pace of the watermelon harvest has slowed down, the other melon plants are prolific. Hope you enjoy the weekly fruit while it's in season!

**Box Notes:** It's a two-melon box week. The farm is at the peak of melon production with multiple plantings simultaneously ripening. Get creative with your melon consumption – in fruit smoothies, topped with yogurt, in a fruit combo salad, cut in wedges for breakfast, or cubed for a lunch dessert to go. Charentais is a farm and farmer's market customer favorite. It is a French cantaloupe variety that has a pale green exterior with darker green stripes and deep orange flesh with a very aromatic, brown sugar flavor. We can tell it is ripe in the field when some of the pale green skin becomes cream colored. The Charentais originated in the Poitou-Charentes region of central western France, circa 1920.

**Roasted Sweet Peppers and Goat Cheese in Extra-virgin Olive Oil**

From: <http://www.pccnaturalmarkets.com/pcc/recipes/roasted-sweet-peppers-and-goat-cheese>

**2 to 3 organic red bell peppers**

**¼ cup extra virgin olive oil**

**2 tablespoons pine nuts or pumpkin seeds**

**4 garlic cloves, peeled and slivered**

**2 to 3 leaves fresh sage, thinly sliced**

**3 tablespoons balsamic vinegar**

**Sea salt and freshly cracked pepper**

**Your favorite goat cheese, either fresh or rind ripened**

**Fresh herbs, olives and capers for garnish**

Roast the peppers over an outdoor grill, an open gas flame or under your broiler, turning occasionally, until blackened all over. Place in a bowl and cover for 15 minutes.

Cut the ends off the peppers and cut them in half lengthwise. Scrape the seeds out and then turn them over and scrape off as much of the blackened peel as you can. (It won't hurt anyone's feelings if a little peel remains!) Set aside.

In a small sauté pan heat the olive oil gently over medium-low heat. Add the pine nuts and stir for about 1 minute or until they start to lightly brown. Add the garlic and sage and stir for 30 seconds longer. Remove

from the heat and whip in the balsamic vinegar. Season with the salt and pepper.

Arrange the peppers and cheeses on a small serving platter and drizzle with the pine nut mixture. Garnish with fresh herbs, olives and capers.

### **Riverdog Farm Meats:**

Riverdog Farm chickens and hogs are CCOF certified organically raised animals. Meat is processed in non-organic USDA inspected facilities, and therefore meat is not certified organic.

**White Cornish:** 3.50 to 5-lb whole (head & feet-on) chickens at \$4.50 per pound.

**Red Ranger:** 3.50 to 5-lb whole (head & feet-on) chickens at \$5 per pound.

**Pork Shares:** 15 to 20-lb pre-packed cases of assorted cuts at \$7 per pound.

**Pork Sausages:** 10-lb order of assorted styles is \$65.

**Smoked, Plain or Peppered Bacon:** 5-lb order of bacon is \$50

**Smoked Hams:** 5-lb order of breakfast ham steaks is \$45. Whole hams also available.

To request a list of pork shares or to place an order, please email [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com). Meat is delivered frozen.

### **Have a friend who'd enjoy our CSA program?**

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

### **Black-eyed pea and sweet corn salsa**

From: <http://www.mayoclinic.com/health/healthy-recipes/NU00302>

**1 cup dried black-eyed peas, picked over and rinsed, soaked overnight, and drained**

**3 cups water**

**½ teaspoon salt**

**1 tablespoon olive oil**

**½ yellow onion, chopped**

**½ green bell pepper (capsicum), seeded and chopped**

**1 cup fresh corn kernels, cut from about 2 ears of corn**

**1 tomato, seeded and diced**

**1 clove garlic, minced**

**Grated zest and juice of 1 lime**

**1 tablespoon white wine vinegar or sherry vinegar**

**3 tablespoons chopped fresh cilantro or fresh coriander**

**¼ teaspoon freshly ground black pepper**

In a large saucepan over high heat, combine the peas, water and ¼ teaspoon of the salt. Bring to a boil. Reduce the heat to low, cover partially and simmer until the peas are tender, about 45 minutes. Drain the peas, rinse with cool water, drain again and transfer to a large bowl to cool.

In a large nonstick sauté or frying pan, heat the olive oil over medium-high heat. Add the onion and bell pepper and sauté until softened, about 4 minutes. Add the corn, tomato and garlic and sauté until the tomato is softened and the corn is tender-crisp, about 4 minutes.

Add the corn mixture to the peas along with the lime zest and juice, vinegar, cilantro, the remaining ¼ teaspoon salt and the pepper. Toss to mix. Serve immediately, or cover and refrigerate for up to 2 days.

### **Feta and Spinach Stuffed Sweet Peppers**

From <http://cbsop.com/recipes/feta-and-spinach-stuffed-sweet-peppers/>

**12-14 sweet peppers (baby bell peppers)**

**2 cups cooked long grain white rice**

**1 medium onion, chopped**

**2-4 cloves garlic, minced**

**8 oz spinach**

**4 oz feta cheese**

**¼ cup vegetable stock**

**¼ teaspoon dried thyme**

**Juice of 1 lemon**

**2 tablespoons olive oil**

**Salt and pepper to taste**

Heat olive oil in a large skillet over medium heat until just shimmering. Add onions and cook until just translucent (about 3 minutes). Add garlic and cook an additional 2 minutes, or until fragrant.

Gently stir in spinach and cook until wilted. Add thyme, rice and stock. Stir well to combine. Cook until rice is heated through. Add lemon juice and season with salt and pepper. Remove from heat

and allow to cool at least 30 minutes before mixing in the feta. (Mixture can be made a day in advance.)

Preheat oven to 400 degrees.

Cut the tops off of the peppers and remove seeds and veins. Gently stuff peppers with rice mixture and place on a baking sheet. Bake at 400 degrees until peppers are softened and rice is heated through, about 20 minutes. Allow to rest 5 minutes before serving. Share and Enjoy!