

Riverdog Farm Veggie Box News
PO Box 42 Guinda, CA 95637
(530) 796-3802

August 31, 2009
www.riverdogfarm.com
csa@riverdogfarm.com

Box Contents:

½ lb Green Beans
1 lb Tomatoes
1¼ lbs Summer Squash
1½ lbs Potatoes
1 Orange Honeydew
1 Charentais Melon
1-2 Armenian Cucumbers
1 bu Basil

Field Notes: Last Saturday felt like the hottest day on record in Berkeley at the Farmers Market. I checked the online temperature history log and indeed, the record high was 90 degrees in 2008, the same temperature as it was on August 29, 2009. Customers approached the stand with beads of sweat on their foreheads. The high was 90 degrees topped with high levels of humidity. We sold out of all the watermelons and Orange Honeydew melons. It was a perfect day for eating lots of hydrating melons. Luckily, on the farm, we were able to finish the day early - the high here in Guinda was about 106 degrees. Everyone finished the wholesale orders and setting up irrigation sets by 2 pm, relieved to be heading home early. On the horizon: winter squash fields are a sea of green bushy plants with young pumpkins, butternut, acorn, spaghetti, kabochas, and delicata squash sizing up. The expected harvest date for the smaller squash varieties is mid-September. The squash should make its first appearance by early October. Hopefully, it will be cooler by then and time to turn on the oven again.

Box Notes: Charentais Melons are back! This is an incredibly sweet, flavorful, deep orange melon originating in France. The seed cavity is small so you get more melon than you expect even though this type of melon tends to be smaller in circumference than honeydews or cantaloupes. This week's heat has boosted the sugar content of the melons. Hope you enjoy your Labor Day weekend sipping Melon Agua Fresca!

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. 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. Fourth Quarter / October payment is due by September 25, 2009.

Monthly payment for four **Wednesday** deliveries in October is \$80.

Monthly payment for five **Thursday / Friday** deliveries in October is \$100.

Quarterly payment for 11 weeks of **Wednesday** deliveries from October through the third week in December is \$220.

Quarterly payment for 12 weeks of **Thursday / Friday** deliveries from October through the third week in December is \$240.

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.

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.

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 or call (530) 796-3802. For photos of our hog operation, visit our *Hog Blog* at riverdoghog.blogspot.com.

Melon Agua Fresca [Melon Coolers]

<http://smittenkitchen.com/2009/08/melon-agua-fresca/>

Adapted from Gourmet, August 2009

Makes eight 10-ounce glasses

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| 1 (4-pound) cantaloupe or honeydew melon, seeded and cut into 1-inch cubes (about 8 cups) | 1 to 2 tablespoons fresh limejuice |
| 1½ cups water | ¼ teaspoons salt |
| 1 tablespoon sugar (optional, I skipped this) | Lime wedges or melon slices for garnish |
| 1 quart chilled club soda or seltzer | |

Purée melon in batches with water in a blender or food processor, however, if you use the latter be extra careful as the food processor does not excel in handling large amounts of liquid.

Transfer to a colander lined with a kitchen towel (not terry cloth) or fine cheesecloth set over a deep bowl and let drain about one hour. Gather ends of towel and very gently squeeze any remaining juice from melon, then discard solids. Stir in limejuice, sugar, and ¼ tsp salt and chill for another hour.

Divide among 8 (10-ounces) glasses and top off with club soda.