

Box Contents:

1 lb Green Beans
1 bu Parsley
1 Orange Honeydew Melon
½ lb Garlic
1 ½ Red Tomatoes
1 Cantaloupe

Pumpkin Progress Report: The pumpkin plants seeded by CSA members at the spring party on June 15th are looking great! They are big, green leafy plants loaded with pumpkins turning a brilliant orange color. We will be offering a chance to visit the farm and pick pumpkins in late October; event details will be announced in next week's newsletter. Around the farm this week: winter squash harvest has begun. Our first acorn and delicata squash are off the plants and in the bins waiting to go in the CSA boxes in a few weeks. During this storage time, the squash is going through a curing phase when the sugar content increases. We're looking forward to cooler temperatures when we can turn on the oven and bake and eat some winter squash!

Event Announcement: You'll find a flier in your box describing a very fun annual event that Riverdog Farm and many community organizations help orchestrate. The Hoes Down Harvest Festival at Full Belly Farm in Guinda is planned for Saturday, October 4, 2008. This festival is a benefit for sustainable agriculture and organizations that focus on rural community development -- all of the proceeds are donated to non-profit organizations. The festival features organic food and drinks, live music, workshops, farm tours, crafts and an amazing hands-on children's area. Admission is \$20 for adults. You can find more information on the web site: www.hoesdown.org.

Each year CSA members from all over northern California volunteer to make this festival a success. If you would like to be part of the volunteer team, please contact: volunteers@hoesdown.org or 1-800-791-2110. Most of the volunteers do their shifts on the festival day; you can also use help on October 3rd, 5th and September 27. Shifts are four hours. Along with all the fun and good karma, volunteers also get free entry and camping.

Payment Reminder: October payment is due by September 26, 2008.

*Monthly payment for five **Wednesday / Thursday / Friday** deliveries in October is \$80.*

Bulk Early Girl Tomatoes: Order a 20 lb case of Early Girl tomatoes by Sunday for delivery next week. Each case of tomatoes is \$30. They're great for fresh eating, canning, or freezing! Please mail your payment to our P.O. Box when you place the order. Thank you!

Box Notes: While our melons are in abundance, we offer you two this week. Both are orange-fleshed melons. The orange honeydew is a sweet, aromatic variety that is delicious when eaten either firm or soft. If you prefer a firmer melon, eat the Orange Honeydew right away. If you prefer a softer melon, let the Orange Honeydew soften in your refrigerator a few days, then enjoy it when it's stem end has some give to it. The cantaloupe variety is netted on the outside. This variety is an orange-fleshed, juicy melon that's a perfect size for a breakfast melon. Our parsley bunches have been in high demand at the farmers market so we thought you'd enjoy some too! You have a generous amount of garlic in your box that will last for several weeks. Use it often in salad dressings, pesto, and pressed through your garlic press raw on steamed green beans drizzled with olive oil, salt and pepper.

Tomato Roasted Garlic And Goat Cheese Tart Recipe from www.grouprecipes.com/13589/tomato-roasted-garlic-and-goat-cheese-tart.html

3-4 large tomatoes, sliced about ¼" thick slices
10 cloves garlic - roasted & mashed
5 ounces goat cheese, softened
1 teaspoon chopped chives
Fresh basil leaves, chopped
Grated Parmesan cheese

1 puff pastry sheet, thawed
1/3 cup extra-virgin olive oil
½ teaspoon chopped fresh thyme leaves
Coarse sea salt and pepper to taste
Balsamic Vinegar

Preheat oven to 400 degrees F. To remove excess moisture from the tomatoes, place the tomatoes slices in an even layer on baking sheets lined with several layers of paper towels or kitchen towels. Season the tomatoes with salt. Allow the slices to drain in the refrigerator for 2 to 3 hours.

On a lightly floured surface, roll out sheet of puff pastry 1/8-inch thick. Cut into a round, and place on parchment paper on a cookie sheet. Prick holes in the center of the puff pastry with a fork, leaving a 1-inch border.

Mix roasted garlic with olive oil until a paste is formed. Add goat cheese, chopped thyme, and chives. Season to taste with salt and pepper to taste; mix thoroughly.

Spread goat cheese over puff pastry, leaving same 1 inch border. Arrange tomatoes in overlapping circles over goat cheese, covering the surface and tucking a slice in the center. Sprinkle balsamic vinegar, and Parmesan cheese over the top

Fold the edges of the puff pastry over to barely overlap the tomato filling to create a crust.

Cook for approximately 20 to 25 minutes. Remove from oven and top with chopped basil leaves. Either serve hot to let cool to room temperature.

Parsley Pesto from www.gourmetbetty.com/Recipes/pesto_sauce.htm

½ cup freshly grated Parmesan cheese
3 cloves of garlic
½ cup extra virgin olive oil
¼ cup water

3 tablespoons pine nuts
2 cups of Fresh Parsley Leaves (packed)
Salt and Pepper to taste

Chop the nuts and Parmesan first to ensure fine consistency. Add Garlic, salt and pepper, herbs and olive oil and process until smooth. Add water slowly to achieve desired consistency. Taste for seasonings and adjust if necessary.

This will yield enough pesto for a family of 4-6 when serving with pasta. If you have any left over, freeze it [in an ice cube tray] and defrost when ready to use.

Cantaloupe Sorbet from: <http://www.epicurious.com/recipes/food/views/CANTALOUPE-SORBET-4119>, Bon Appétit | *May 1997*

Ingredients: **2/3 cup sugar, ½ cup water, 3 cups 1-inch peeled, seeded cantaloupe (about ½ c. cantaloupe).** Combine sugar and water in medium saucepan. Stir over medium heat until sugar dissolves. Bring to boil. Transfer to 11x7x2-inch glass dish and chill until cold, about 2 hours. Puree cantaloupe in blender until smooth. Add to sugar syrup in dish and stir until well blended. Freeze until almost firm, stirring occasionally, at least 3 hours or overnight.

Transfer cantaloupe mixture to large bowl. Using electric mixer, beat until fluffy. Return to freezer and freeze until firm (do not stir), at least 3 hours or overnight. Sorbet can be prepared 3 days ahead. Cover and keep frozen.