

Box Contents:

1 lb Summer Squash
½ lb Green Beans
4 ears Sweet Corn
2 Melons
1 lb Onions
1 bu Chard
1 lb Tomatoes
1 bskt Cherry Tomatoes

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 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 Autumnal Equinox happens this Friday September 23rd. This is one of two days in the year when the daytime and nighttime hours are equal length. It's considered the beginning of Autumn and is a time of year on the farm when the weather continues to fuel crop growth, summer harvest day are not quite so long, and our produce offerings gradually transition to the fall crops of squash, greens, broccoli, and cauliflower. Equinoxes often symbolize balance – something we strive to achieve on the farm. Balance and sustainability go hand in hand. The term agricultural sustainability for us refers to the need for balance of work and play on the farm and to the ecological farming methods that keep the soil as productive as possible for now and far into the future. Since there are endless things that can be done on a farm with so many types of crops and animals (fixing equipment, planting the next crops, prepping fields, harvesting, tending the plants and animals, packing, and planning to name a few) sometimes it's a challenge to remember how to keep things balanced. The upcoming equinox is a reminder of the balancing act needed to thrive. Some food for thought for you to consider about the position of the sun and the earth that causes the equinox while you enjoy the farm's summer/fall bounty at your kitchen table.

Hoes Down Harvest Festival!

Saturday October 1, 2011, 11:00 am to 11:00 pm at Full Belly Farm a mile down the road from Riverdog Farm. This is an annual fundraiser event that benefits the Ecological Farming Association and local, community non-profit organizations that help make the event happen. Go to www.hoesdown.org for more information, directions, and ticket prices. The festival includes an amazing children's craft area, farm tours, agricultural workshops, live music, and camping Sat night.

Box Notes: The ears of corn are tipped for you today. This time of year the corn worms are busy and determined to eat a few kernels from each cob so we decided to remove the tips before packing them in the veggie boxes. The corn is exceptionally sweet and tasty this week. We enjoyed steamed corn for lunch while sailing this past Sunday on the SF Bay. This is the first week of harvest for the fall chard. This planting of greens will over-winter as it is frost hardy. The other new item in your box this week is the recently harvested onions. Thinly sliced, these onions are great raw on salads or sandwiches. The melons this week are Charlyn (pale cream colored flesh) and Orange Honeydew (bright orange flesh). They continue to have high sugar content. Hope you enjoy the fruit while it's in season!

On the horizon: winter squash! Kabocha, acorn, butternut, and sugar pie pumpkins will be making their first appearances in the coming weeks!

Green Bean, Cherry Tomato, and Corn Salad

From <http://www.vegetariantimes.com/recipes/9898>

1½ lbs green beans, trimmed and cut into 1-inch pieces

2 cups cherry or grape tomatoes, halved
2 tablespoons chopped fresh oregano
2 cloves garlic, minced (about 2 teaspoons)
2 tablespoons olive oil

1 cup fresh or frozen corn kernels
2 teaspoons capers, drained, coarsely chopped
3 tablespoons fresh lemon juice

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. 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.

Cook green beans in large pot of boiling salted water 4 minutes, or until crisp-tender. Drain. Refresh under cold water. Drain well. Transfer to large bowl.

Add tomatoes, corn, oregano, capers and garlic to beans, and toss gently.

Whisk together lemon juice and oil. Add to bean mixture, and stir gently to combine. Season to taste with salt and pepper. Cover, and let stand at room temperature 30 minutes to develop flavors. Serve.

Swiss Chard Tart

From <http://cookwithwhatyouhave.wordpress.com/>

1 recipe Tart Dough (recipe below)

1 large bunch of chard, leaves only, roughly chopped

1 tablespoon butter

1 yellow onion, chopped

2 cloves garlic, minced

Zest of 1 small lemon (optional)

Kosher salt and freshly ground black pepper

3 eggs

1 cup whole milk

3 tablespoons freshly grated Parmesan

A few pinches of ground nutmeg (optional)

Preheat oven to 425 F.

Heat the butter in a wide skillet; add the onion and cook it over medium heat until it is translucent and soft. Add the garlic, and the chard leaves by handfuls, if necessary, until they all fit. Sprinkle in a large pinch of salt. Turn the leaves over repeatedly so that they are all exposed to the heat of the pan, and cook until they are tender, 5 minutes or more.

Make the custard. Beat the eggs; then stir in the milk, lemon peel (if using), grated Parmesan, and a few scrapings of nutmeg. Stir in the chard and onion mixture. Taste and season with salt and a few grinds of pepper. Pour the filling into the prepared tart shell and bake until the top is golden and firm, about 40 minutes.

Tart Dough – adapted from David Lebovitz

1½ cups all-purpose flour (or ¾ cup apf and ¾ cup whole wheat pastry flour)

9 tablespoons unsalted butter, chilled, cut into cubes

½ teaspoon salt

1 large egg

2-3 tablespoons cold water

Make the dough by mixing the flour and salt in a bowl. Add the butter and use your hands, or a pastry blender, to break in the butter until the mixture has a crumbly, cornmeal-like texture.

Mix the egg with 2 tablespoons of the water. Make a well in the center of the dry ingredients and add the beaten egg mixture, stirring the mixture until the dough holds together. If it's not coming together easily, add the additional tablespoon of ice water.

Gather the dough into a ball and roll the dough on a lightly floured surface, adding additional flour only as necessary to keep the dough from sticking to the counter.

Once the dough is large enough so that it will cover the bottom of a 10-inch tart pan and go up the sides, roll the dough around the rolling-pin then unroll it over the tart pan. "Dock" the bottom of the pastry firmly with your fingertips a few times, pressing in to make indentations. If you don't have a tart pan you can use a 9 or 10-inch pie pan too. The recipe for the dough is pretty generous so will fit a pie pan too.