



Riverdog Farm

September 2

# Riverdog Farm Veggie Box News

## Box Contents:

1 bskt Cherry Tomatoes  
1 Sharlyn Melon  
1 1/2 lb Mixed Heirloom  
Tomatoes  
1 bu Parsley  
3/4 lb Mixed Sweet Peppers  
1 bu Scarlet Queen Turnips

## Payment by check is due by Sept 30<sup>th</sup> for October Deliveries:

Tuesdays: \$96  
Wednesdays: \$96  
Thursdays: \$96  
Fridays: \$96  
Saturdays: \$96  
Sundays: \$120

## Thank you for your payment if already sent!

## Quarterly Payment Schedule:

3<sup>rd</sup> Quarter  
July/August/September  
\$312

**Annual Payment**  
\$1,152  
(This amount includes 2 free boxes!)

To view the 2019 payment schedule visit:  
[2019 Payment Schedule](#)

**Field Notes:** Because we plant 4 sequential tomato blocks, we will have tomatoes all summer.

Tomato varieties can be determinate or indeterminate. The determinate varieties have 1-2 flower sets (the plants stop growing after they are certain size) and then they are done producing fruit. Determinate varieties tend to product fruit sooner than the indeterminate types and they produce a lot of fruit all at once. The indeterminate types continuously grow and flower, setting fruit until the temperatures become too cold for them grow/flower. The majority of the tomato varieties that we grow are indeterminate, they continue to grow and flower for a long period of time (about 5 months in our climate). This is why we trellis the indeterminate tomato varieties, because they can become quite lengthy. Some of the trellised rows of tomatoes are currently 6 feet tall! Towards the end of the season, they start to look more like hedges of tomatoes rather than rows of tomato bushes. Some years, the tomato harvest has lasted until Thanksgiving. The length of the season depends on the first frost date that can happen anytime between early to late November.

**Box Notes:** We started to harvest fall roots this week. The beets are about golf ball size, we had them at market over the weekend so they will be appearing in the veggie boxes soon. The scarlet queen turnips are a first harvest this week. The tops of the turnips are great to eat too. Cook them like you cook spinach, either sauté with garlic in olive oil or blanch briefly in boiling water and then toss with lemon, vinegar, olive oil and salt.

**Save the Date:** Hoes Down Harvest Festival, Saturday October 5, 2019 from 11 am to 11 pm. For ticket and event information visit: <http://hoesdown.org/>. Ticket sales are limited this year and only available via online, advance purchase.

## CSA Payment Schedule

Quarter 3: Wednesdays \$312 Thursdays \$312 Fridays \$312  
Quarter 4: Wednesdays \$288 Thursdays \$288 Fridays \$288

Annual Payment (annual payers receive 2 complimentary veggie boxes): \$1,152  
We encourage you to consider making the annual payment for your veggie box deliveries. This helps support the farm by providing advance purchasing power for labor, seeds, fertilizers, and other farming expenses that are essential to the farm's operations. Thank you for supporting the farm with your continued CSA subscription!

## Scarlet Queen Red Turnip Salad

From: <https://dunkandcrumble.com/2012/08/08/scarlet-queen-red-turnip-salad/>.

- 1 small bunch Scarlet Queen Red turnips, washed and sliced into 1/4-inch thick rounds
- 1/2 medium cucumber, largely diced (1/2-inch cubes)
- 3 scallions, light green and white parts only, sliced thinly into rounds
- 1/4 cup shelled pistachios
- 1/4 cup crumbled feta cheese
- salt and pepper, to taste
- juice of 1 lemon
- 3 tablespoons extra virgin olive oil

1. In a medium salad bowl, combine the turnips, cucumber, scallion, and pistachios. Sprinkle feta cheese on top, as well as a big pinch each of salt and black pepper. Drizzle lemon juice and olive oil over salad, and toss gently to combine.
2. Serve immediately (if you need to make the salad ahead of time, combine everything but the feta, salt, pepper, lemon juice and olive oil — add these ingredients just before serving).

## Parsley Pesto

From: <https://jessicainthekitchen.com/parsley-pesto-recipe/>.

- 2 1/2 cups parsley, stemmed and washed
- 1/3 cup pine nuts
- 1/3 cup + 2 teaspoons grated parmesan cheese
- 3 cloves garlic
- 1/2 teaspoon coarse salt
- 1/3 cup olive oil
- 1/2 teaspoon pepper, adjust to taste

1. Add the parsley, pine nuts, parmesan cheese, garlic, coarse salt and two tablespoons of olive oil into a food processor.
2. Blend the ingredients together in 5 second intervals until blended together, about 30 seconds. Scrape down the bowl with a spatula.
3. Add the rest of the olive oil and the salt and pepper. Blend everything together until smooth, but there is a slight texture left (if you prefer - else blend until completely smooth), about 1 minute.
4. Scrape down the bowl again ensuring everything is being incorporated.
5. You may want to add more cheese, olive oil or seasoning to appeal to your palette.
6. Spoon the pesto into a bowl and serve on crackers, bread, sandwiches, pizza, or other varieties.

## Carnitas with Sautéed Sweet Peppers

From: <https://www.afarmgirlsdabbles.com/carnitas-with-sauted-sweet-peppers/>.

- One 5 lb. bone-in pork shoulder (Boston butt)
- kosher salt
- freshly ground black pepper
- 1 T. vegetable oil
- 3 c. low sodium chicken broth
- 1 white or yellow onion, peeled & quartered
- 1 T. dried oregano leaves
- 1 tsp. ground cumin
- 1 tsp. paprika
- 4 sweet peppers
- 1 T. butter
- 1 T. olive oil

1. Remove pork from refrigerator one hour before starting to cook. Rinse and pat dry with a paper towel. Sprinkle all over with salt and pepper, fairly generously.
2. Preheat oven to 350° F.
3. Heat a [5 to 7 quart French oven](#) over medium to medium-high heat. Add oil. When oil is hot and starts to shimmer, add pork. Cook until nicely browned and then turn, repeating that same process until all sides are browned. Add broth, onion, oregano, cumin, and paprika. Turn heat up a bit to bring liquid to a boil. Then spoon some of the hot liquid over the top of the meat.
4. Place the cover on and transfer to preheated oven. Cook until meat is literally falling apart, about 4 hours, spooning liquid over meat once or twice during cooking.
5. About half an hour before the meat will be done, prepare the sweet peppers. Cut into long slices, about 1/4" wide or so. Heat a wide skillet over medium heat - I like to use a [large cast iron skillet](#). Add butter and olive oil. When the butter has melted, add the peppers, stirring to coat. Cook for about 10 minutes, letting them soften up. Then turn up the heat to medium-high. Let the peppers start to darken and char, stirring every couple minutes. When peppers reach your desired doneness, remove pan from heat. Transfer peppers to serving dish.
6. When the pork has finished cooking, remove pot from the oven and place on stove top. Transfer meat to a platter. With a large spoon, push meat off the bone in chunks; discard bone and any large pieces of fat.
7. Transfer pork back to French oven and turn on heat to medium-high. Cook, stirring with a large wooden spoon to break up pork, until liquid in French oven has almost entirely evaporated and meat begins to sizzle and caramelized, 5 to 10 minutes (the meat should pull into shreds very easily as you work).
8. Serve with small (taco or fajita size) warm tortillas, the sautéed peppers, and your choice of condiments. A great alternative is to skip the tortillas and serve everything over white rice or fresh chopped Romaine lettuce.