



Riverdog Farm

September 10, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

- ¾ lb Yellow Bell Peppers
- 1 lb Early Girl Tomatoes
- 1 Yellow Baby Watermelon
- 1 ¼ lb Black Beauty Eggplant
- 1 bskt Sungold Cherry Tomatoes
- 1 ¼ lb French Fingerling Potatoes

## Payment by check is due by August 31st for September Deliveries:

- Tuesdays: \$96
- Wednesdays: \$96
- Thursdays: \$96
- Fridays: \$96
- Saturdays: \$96

**Thank you for your payment if  
already sent!**

## Quarterly Payment Schedule:

### 3<sup>rd</sup> Quarter

July/August/September  
\$312

### 4<sup>th</sup> Quarter

October/November/December  
\$288

### Annual Payment

\$1,176

(This amount includes 2 free  
boxes!)

**To view the 2018 payment  
schedule visit:**

[2018 Payment Schedule](#)

**Box Notes:** Yellow is the theme of this week's CSA box! The watermelon, bell peppers, and cherry tomatoes will provide you with a healthy dose of vibrant yellow and all the vitamins associated with that hue. Even the inside of the French Fingerling potatoes have tones of yellow. We are pleased to be able to offer you potatoes in September. These spuds are from our spring planted potato crop. We had such a great yield this year that we still have a steady supply of the, a wonderful staple at the farmer's markets and for the CSA that we don't usually have this time of year.

**Field Notes:** It's starting to feel like the seasonal transition time on the farm. We're two weeks away from the Fall Equinox, the time of the year when the daylight and hours of darkness are equal, also known as the beginning of Autumn. The equinox is the beginning of shortening days and lengthening nights. The nighttime temperatures are much cooler and summer crops are slowing down. We're seeding onions, carrots, beets, turnips, and as many root crops as we can. The greenhouse transplants of greens, cabbage, broccoli and fennel have been going into the fields and we're seeding the next round of transplants into trays for greenhouse sprouting. The whole farm is looking forward to the rainy season to settle the ash dust in the air and regenerate vegetative growth in the hills post-fire season.

## Upcoming Event:

*Capay Valley Vision's 18<sup>th</sup> Annual Taste of Capay*

Sunday October 21, 2018 from 2:00 pm to 6:00 pm at Full Belly Farm, 16090 Road 43 Guinda, CA 95637. This event is a multi-course dinner featuring locally grown produce, wines and pastured meats. Event proceeds will support park improvements at local county parks in the rural region of Capay Valley. Tickets are \$60 each or table of ten for \$550. To order tickets visit:

<https://www.eventbrite.com/e/taste-of-capay-tickets-48054012846>.

## Red and Yellow Watermelon Salad [okay to use yellow watermelon or mixed melons – RDF]

From: Genius Kitchen (<https://www.geniuskitchen.com/recipe/red-and-yellow-watermelon-salad-173079>)

- 3 cups cubed red watermelon, seeded if necessary
- 3 cups cubed yellow watermelon, seeded if necessary
- $\frac{1}{3}$  cup scallion, chopped
- $\frac{1}{3}$  cup red onion, diced small
- 2 tablespoons fruit vinegar (white wine or white balsamic can be substituted instead)
- $\frac{1}{4}$  cup extra virgin olive oil
- salt, to taste
- cracked black pepper, to taste
- 2 tablespoons fresh mint leaves, chopped
- 2 tablespoons fresh basil leaves, chopped
- 1 tablespoon garlic chives, minced

In a large salad bowl, combine the watermelon cubes, scallions and red onion.

In a small non-reactive bowl whisk together the vinegar and olive oil. Season with salt and pepper to taste.

Pour the vinaigrette over the melon mixture. Add the herbs and toss gently to coat. Cover and refrigerate 1 hour.

## Perfect Grilled Eggplant

From: The Spruce Eats (<https://www.thespruceeats.com/perfect-grilled-eggplant-2217579>)

- 2 tablespoons fine sea salt (plus more for sprinkling)
- 1 cup water (warm)
- 3 medium eggplants
- About  $\frac{1}{3}$  cup olive oil

In a large bowl dissolve the 2 tablespoons of [salt](#) in 1 cup warm water; stir until the salt is fully dissolved. Add 6 to 8 cups cold water. Set aside (this is the brine).

Cut off and discard the stem end of the eggplant. While some people find eggplant skin difficult to digest, leaving the skin on for grilling helps the eggplant slices keep their shape on the grill and makes them easier to handle (note: diners don't need to eat the skin). Cut the eggplant into  $\frac{3}{4}$ -inch thick diagonal, crosswise, or lengthwise slices. Put the slices in the salt water.

Weigh them down with an upside-down plate, and let soak for at least 30 minutes and up to an hour.

Meanwhile, heat a charcoal or gas grill to medium-high heat. You should be able to hold your hand about an inch above the cooking grate for 3 to 4 seconds before pulling it away from the heat.

1. Drain the eggplant and pat it dry with paper towels or a clean kitchen towel.
2. Lay the slices on a large baking sheet or tray. Brush one side with olive oil and sprinkle with salt. Lay the slices oiled-side-down on the grill. [Close the lid](#) if using a gas grill and cook until grill marks appear, about 5 minutes.
3. Brush the top sides of the slices with oil and sprinkle them with salt. Turn the slices over, close the lid on a gas grill and cook until grill marks appear on the other side and the eggplant is very tender about 5 more minutes.
4. Serve hot or at room temperature.