



Riverdog Farm

March 23, 2020

Riverdog Farm Veggie Box News

Box Contents:

1 hd Green Cabbage
1.50 lbs Mandarin Oranges
1.50 lbs Leeks
.75 lbs Little Gem Lettuce
1 bu Red Chard
1 lb bu Asparagus

Payment by mail is due by March 31st for April deliveries:

Tuesdays: \$120
Wednesdays: \$96
Thursdays: \$96
Fridays: \$96
Sat: \$96

Thank you for your payment if already sent!

Quarterly Payment Schedule:

1st Quarter
Apr/May/Jun
Wed/Thu/Fri: \$312
Tue/Sat: \$312

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

Half-Year Payment
\$576
(This includes 1 free box!)

**To view the 2020
Payment Schedule,
go to the bottom of this page**

We'd like to welcome our new Riverdog Farm veggie box subscribers! We have received many new and renewing sign-ups over the past week. Due to the unfortunate restaurant closures, we have shifted our sales to primarily CSA and farmers markets. Because of this shift, we are able to allocate the majority of the produce we are growing at this time directly to our customers so we have ample supply of the vegetables. Thankfully, the farmers markets remain open because they are food sources and are being categorized as "essential businesses" during the shelter-in-place order.

We continue to practice safe food handling in all aspects of running the farm. The practices include: hand washing and glove wearing by all employees who handle the produce from harvest to wash and pack, policy of stay at home for those with fever/cough or any flu symptoms, sanitizing of all plastic harvest totes and CSA totes with a bleach solution.

Here are some updates/changes since last week:

- New chicken orders are not available this week via the CSA. The weekly chicken subscriptions and orders placed as of 3/20/20 will be fulfilled.
- New egg orders are not available this week via the CSA. You may purchase eggs at the farmers market.
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- 7 Holiday hams are still available. Place your order now for delivery with your next CSA order or pick up at market or email the farm - csa@riverdogfarm.com to reserve one. Place your orders for spring hams by 9:00 am, Monday April 6, 2020 for timely delivery. Riverdog Farm hams are smoked and cured at Roundman's in Ft. Bragg. They are delivered frozen, in a cooler, to your CSA delivery site. Please return the cooler to the drop site the following week or leave it there at the time of your order pick up.

The sweet, juicy mandarins are from Gold Oak Ranch and are CCOF-certified organic.

Field Notes: Rain, Rain, come and stay... a major change in the weather pattern is ahead, looks like rain in Northern California all week! We are very pleased about the weather forecast. It also looks there will be some frost which enhances the sweetness of all the winter crops. We started to transplant 15 varieties of tomatoes. They will be frost-protected with overhead irrigation lines.

Reminder: Please make sure your credit card on file is updated (if expired) on your CSA account so you subscription continues uninterrupted.

How To Make Homemade Sauerkraut in a Mason Jar

From: <https://www.thekitchn.com/how-to-make-homemade-sauerkraut-in-a-mason-jar-193124>.

Makes 1 to 1 1/2 quarts

Serves 8

Prep time: 15 minutes

- 1 medium head green cabbage (about 3 pounds)
- 1 1/2 tablespoons kosher salt
- 1 tablespoon caraway seeds (optional, for flavor)

Equipment

- Cutting board
- Chef's knife
- Mixing bowl
- 2-quart wide-mouth canning jar (or 2 quart mason jars)
- Canning funnel (optional)
- Smaller jelly jar that fits inside the larger mason jar
- Clean stones, marbles, or other weights for weighing the jelly jar down
- Cloth for covering the jar, such as cheesecloth
- Rubber band or twine for securing the cloth

Instructions

1. **Clean everything.** When fermenting anything, it's best to give the good, beneficial bacteria every chance of succeeding by starting off with as clean an environment as possible. Make sure your mason jar and jelly jar are washed and rinsed of all soap residue. You'll be using your hands to massage the salt into the cabbage, so give those a good wash, too.
2. **Slice the cabbage.** Discard the wilted, limp outer leaves of the cabbage. Cut the cabbage into quarters and trim out the core. Slice each quarter down its length, making 8 wedges. Slice each wedge crosswise into very thin ribbons.
3. **Combine the cabbage and salt.** Transfer the cabbage to a big bowl and sprinkle the salt over top. Begin working the salt into the cabbage by massaging and squeezing the cabbage with your hands. At first it might not seem like enough salt, but gradually the cabbage will become watery and limp — more like coleslaw than raw cabbage. This will take 5 to 10 minutes. If you'd like to flavor your sauerkraut with caraway seeds, mix them in now.
4. **Pack the cabbage into the jar.** Grab handfuls of the cabbage and pack them into the canning jar. If you have a canning funnel, this will make the job easier. Every so often, tamp down the cabbage in the jar with your fist. Pour any liquid released by the cabbage while you were massaging it into the jar. *Optional: Place one of the larger outer leaves of the cabbage over the surface of the sliced cabbage. This will help keep the cabbage submerged in its liquid.*
5. **Weigh the cabbage down.** Once all the cabbage is packed into the mason jar, slip the smaller jelly jar into the mouth of the jar and weigh it down with clean stones or marbles. This will help keep the

cabbage weighed down, and eventually, submerged beneath its liquid.

6. **Cover the jar.** Cover the mouth of the mason jar with a cloth and secure it with a rubber band or twine. This allows air to flow in and out of the jar, but prevents dust or insects from getting into the jar.
7. **Press the cabbage every few hours.** Over the next 24 hours, press down on the cabbage every so often with the jelly jar. As the cabbage releases its liquid, it will become more limp and compact and the liquid will rise over the top of the cabbage.
8. **Add extra liquid, if needed.** If after 24 hours, the liquid has not risen above the cabbage, dissolve 1 teaspoon of salt in 1 cup of water and add enough to submerge the cabbage.
9. **Ferment the cabbage for 3 to 10 days.** As it's fermenting, keep the sauerkraut away from direct sunlight and at a cool room temperature — ideally 65°F to 75°F. Check it daily and press it down if the cabbage is floating above the liquid. Because this is a small batch of sauerkraut, it will ferment more quickly than larger batches. Start tasting it after 3 days — when the sauerkraut tastes good to you, remove the weight, screw on the cap, and refrigerate. You can also allow the sauerkraut to continue fermenting for 10 days or even longer. There's no hard-and-fast rule for when the sauerkraut is "done" — go by how it tastes. While it's fermenting, you may see bubbles coming through the cabbage, foam on the top, or white scum. These are all signs of a healthy, happy fermentation process. The scum can be skimmed off the top either during fermentation or before refrigerating. If you see any mold, skim it off immediately and make sure your cabbage is fully submerged; don't eat moldy parts close to the surface, but the rest of the sauerkraut is fine.
10. **Store sauerkraut for several months.** This sauerkraut is a fermented product so it will keep for at least two months and often longer if kept refrigerated. As long as it still tastes and smells good to eat, it will be. If you like, you can transfer the sauerkraut to a smaller container for longer storage.

Recipe Notes

Sauerkraut with other cabbages: Red cabbage, napa cabbage, and other cabbages all make great sauerkraut. Make individual batches or mix them up for a multi-colored sauerkraut!

Canning sauerkraut: You can process sauerkraut for longer storage outside of refrigeration, but the canning process will kill the good bacteria produced by the fermentation process. See this tutorial from the [National Center for Home Food Preservation](#) for canning instructions.

Larger or smaller batches: To make larger or smaller batches of sauerkraut, keep the same ratio of cabbage to salt and adjust the size of the container. Smaller batches will ferment more quickly and larger batches will take longer.

Asparagus Soup with Lemon and Parmesan

https://www.onceuponachef.com/recipes/asparagus-soup-with-lemon-and-parmesan.html?recipe_print=yes.

By Jennifer Segal

Servings: 4-6

Ingredients

- 2 bunches asparagus (about 2-1/4 pounds), bottom ends trimmed
- 3 tablespoons unsalted butter
- 2 medium yellow onions, chopped
- 3 cloves garlic, peeled and smashed
- 6 cups low-sodium chicken broth
- Salt
- Freshly ground black pepper
- 2 tablespoons freshly squeezed lemon juice, from one lemon
- 1/2 cup shredded Parmigiano-Reggiano
- Handful fresh herbs, such as thyme, dill or basil (optional, for garnish)

Instructions

1. Melt the butter in a large pot over medium heat. Add the onions and garlic and cook, stirring frequently, until soft and translucent, about 8 minutes. Do not brown; reduce the heat if necessary.
2. In the meantime, cut the tips off of one bunch of the asparagus and set aside (you'll use those for a garnish). Cut the remaining spears and the other bunch of asparagus into 1/2-inch pieces.
3. Add the chopped asparagus to the pot (minus the reserved tips), along with the chicken broth, 1

Hot and cold temperatures: Do everything you can to store sauerkraut at a cool room temperature. At high temperatures, the sauerkraut can sometimes become unappetizingly mushy or go bad. Low temperatures (above freezing) are fine, but fermentation will proceed more slowly.

teaspoon salt and 1/4 teaspoon pepper. Bring to a boil, then cover and turn the heat down to low. Simmer for about 30 minutes, or until the vegetables are very tender.

4. Meanwhile, bring a small pot of salted water to a boil. Cook the reserved asparagus tips for a few minutes, or until tender-crisp. Drain the tips and then place them in a bowl of ice water to "shock" them -- this stops the cooking process and preserves their bright green color. Once the tips are cool, drain them and set aside.
5. Purée the soup with an immersion blender until completely smooth. (Alternatively, use a standard blender to purée the soup in batches, then return the soup to the pot.) Bring the soup back to a simmer and stir in the lemon juice and Parmigiano-Reggiano. Taste and adjust seasoning, if necessary. To thicken the soup, allow it to simmer, uncovered, until the desired consistency is reached.
6. Ladle the soup into bowls, then top each bowl with asparagus tips, Parmigiano-Reggiano, herbs (if using), and freshly ground black pepper.
7. **Freezer-Friendly Instructions:** You can freeze the soup for up to 3 months. Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot. (The soup will freeze best if you add the cheese

Red = no deliveries, farm closed
 Yellow = "A" week deliveries
 White = "B" week deliveries

2020

January							April							July							October										
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S				
B	5	6	7	8	9	10	11	A	5	6	7	8	9	10	11	B	5	6	7	8	9	10	11	A	4	5	6	7	8	9	10
A	12	13	14	15	16	17	18	B	12	13	14	15	16	17	18	A	12	13	14	15	16	17	18	B	11	12	13	14	15	16	17
B	19	20	21	22	23	24	25	A	19	20	21	22	23	24	25	B	19	20	21	22	23	24	25	A	18	19	20	21	22	23	24
A	26	27	28	29	30	31		B	26	27	28	29	30		A	26	27	28	29	30	31		B	25	26	27	28	29	30	31	

February							May							August							November										
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S				
B	2	3	4	5	6	7	8	A	3	4	5	6	7	8	9	B	2	3	4	5	6	7	8	B	8	9	10	11	12	13	14
A	9	10	11	12	13	14	15	B	10	11	12	13	14	15	16	A	9	10	11	12	13	14	15	A	15	16	17	18	19	20	21
B	16	17	18	19	20	21	22	A	17	18	19	20	21	22	23	B	16	17	18	19	20	21	22	B	22	23	24	25	26	27	28
A	23	24	25	26	27	28	29	B	24	25	26	27	28	29	30	A	23	24	25	26	27	28	29	A	29	30					

March							June							September							December										
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S				
B	1	2	3	4	5	6	7	A	1	2	3	4	5	6	B	1	2	3	4	5	A	1	2	3	4	5					
A	8	9	10	11	12	13	14	B	7	8	9	10	11	12	13	A	6	7	8	9	10	11	12	B	6	7	8	9	10	11	12
B	15	16	17	18	19	20	21	A	14	15	16	17	18	19	20	B	13	14	15	16	17	18	19	A	13	14	15	16	17	18	19
A	22	23	24	25	26	27	28	B	21	22	23	24	25	26	27	A	20	21	22	23	24	25	26	B	20	21	22	23	24	25	26
B	29	30	31					A	28	29	30				B	27	28	29	30					B	27	28	29	30	31		

 = Farm Closed
 = All "A" Week deliveries

Riverdog Farm Weekly CSA Payment Schedule 2020

Delivery Day	Tuesday	Quarter	Wednesday	Quarter	Thursday	Quarter	Friday	Quarter	Saturday	Quarter
January	96		96		96		96		96	
February	96		96		96		96		120	
March	120	312	96	288	96	288	96	288	96	312
April	96		120		120		96		96	
May	96		96		96		120		120	
June	120	312	96	312	96	312	96	312	96	312
July	96		120		120		120		120	
August	96		96		96		96		96	
September	120	312	120	336	96	312	96	312	96	312
October	96		96		120		120		120	
November	96		96		96		96		96	
December	72	264	72	264	72	288	72	288	72	288
Annual Total	1,200		1,200		1,200		1,200		1,224	
Annual w/ D	1,152		1,152		1,152		1,152			

Holiday No-Delivery Dates:
 December 21 through January 1, 2020
 Annual payers receive a \$48 discount (2 CSA boxes free).