



Riverdog Farm

March 30, 2020

# Riverdog Farm Veggie Box News

## Box Contents:

1.50 lbs Mandarins  
1 bu Green Garlic  
1 bu Purple Carrots  
1 bu Red Spring Onions  
.5 lb Snow Peas  
1 hd Red Cabbage  
1 bu Spinach

## Payment by mail is due by

### March 31<sup>st</sup> 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

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

We'd like to welcome our new Riverdog Farm veggie box subscribers! Thank you for joining the farm during these trying times. 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 CSA customers so we have an 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 with additional procedures for COVID-19 prevention. 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 using a pressure washer, and a new layout of the packing shed work spacing and harvesting so that each employee has a minimum of 6 foot distance from one another.

Here are some updates/changes/reminders 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.
- We picked up a new batch of our **holiday hams** last Saturday from Roundman's in Ft. Bragg. They are 4-6 lbs average weight. There are now 15 available. Place your order now for delivery with your next CSA order or pick up at market or email the farm: [csa@riverdogfarm.com](mailto: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, a USDA inspected butcher shop. The hams are delivered frozen, in a cooler, to your CSA delivery site or available for pick up at market. Please return the cooler to the drop site the following week or leave it there at the time of your order pick up. The hams taste best heated. Cook (re-heat) the 4-6 lb hams for about an hour at 350 degrees. The juices will come out. Tip: pour orange juice into the bottom of the pan or layer marmalade on top of the ham and cover ham with foil. The juice/marmalade will give the ham a delicious citrusy flavor.

- Please respect the site host's privacy when you pick up your order. Do not knock on the site host doors. Call the farm if you need assistance finding the boxes, if an item is missing from your order, or your name is not on the sign-in sheet.
- Please take only the items that are yours. Check order labels for your name and match them to the items listed on the sign-in sheet. If you inadvertently picked up an item that is not yours, let the farm know so we can let the subscriber know.
- **NEW** A/B subscriptions are no longer available.
- For those needing to skip deliveries, please login to your account and schedule your skip weeks: <http://www.riverdogfarm.com/csa> .
- For current A/B week subscribers please note that the delivery schedule is every other week. Some months may have 3 deliveries, some may only have 2 but the schedule is every-other-week for your deliveries.
- **Reminder:** So your subscription continues uninterrupted, please make sure your credit card on file is up to date on your CSA account. For those who need to end the CSA subscription, you **MUST** contact the farm through email to confirm cancellation –
- Your subscription will continue until this email confirmation is made by you, the member.

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## Spinach and Spring Onion Frittata

From: <https://www.juliascuisine.com/home/spinach-and-spring-onion-frittata>.

Serves 4 personal size or 8 slices in a large 9 inch pan

- 8 eggs
- 4 tablespoons of milk
- 4-5 cups of fresh spinach (reserve a little for serving)
- 2 spring onions, finely chopped
- 1/2 cup grated Gouda cheese
- 2 tablespoons of olive oil
- Salt and pepper to taste

Heat a medium skillet, add a touch of olive oil and spring onions. cook until browned, about 4-5 minutes. Reduce heat and add spinach until wilted. Remove from heat.

Whisk eggs with milk, salt and pepper and set aside.

Heat a 4-inch non-stick frying pan over medium heat and add a little oil. Pour in egg mixture and evenly spread 1/4 of the spinach mixture and sprinkle over 1/4 of the cheese. Cook for about 5 minutes, carefully lifting sides with a spatula. Place a lid or plate on the top of the pan and lift the pan off the stove. Holding the pan with one hand and the lid placed firmly on the, invert it. Now the frittata is upside down on the lid or plate. Gently slide it back into the pan, raw side down. It should only take another few minutes to cook. Repeat for each frittata. Keep warm in a low heated oven.

Serve with fresh spinach on the side.

## Garlic Sesame Snow Peas

From: <https://www.alaskafromscratch.com/2013/04/02/garlic-sesame-snow-peas/>.

Yields: Serves 4

- 1/2 tablespoon coconut oil (or other mild flavored oil)
- 2 teaspoons sesame oil
- 1 large garlic clove, minced
- 8 ounces snow peas
- 1 teaspoon sesame seeds
- 2 teaspoons soy sauce
- salt to taste

Heat a skillet over medium-high heat. Add the coconut oil to melt, followed by the sesame oil. Saute the garlic, 1 minute, until fragrant, but not brown. Add the snow peas and sesame seeds and continue to saute, stirring and tossing frequently, about 3 more minutes. Pour in the soy sauce and toss until well coated. Season with salt to taste (if needed). Remove peas from heat and pour into a serving dish. Serve promptly while hot (can add more sesame seeds on top prior to serving).

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	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	
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	A
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	B
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	A		

  

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	A	1	2	3	4	5	6	7	B
A	9	10	11	12	13	14	15	B	10	11	12	13	14	15	16	A	9	10	11	12	13	14	15	B	8	9	10	11	12	13	14	A
B	16	17	18	19	20	21	22	A	17	18	19	20	21	22	23	B	16	17	18	19	20	21	22	A	15	16	17	18	19	20	21	B
A	23	24	25	26	27	28	29	B	24	25	26	27	28	29	30	A	23	24	25	26	27	28	29	B	22	23	24	25	26	27	28	A
								A	31						B	30	31						A	29	30						B	

  

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	6	7	A				1	2	3	4	5	B
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	A
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	B
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	A
B	29	30	31					A	28	29	30				B	27	28	29	30				A	27	28	29	30	31			B	

  = 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	<b>312</b>	96	<b>288</b>	96	<b>288</b>	96	<b>288</b>	96	<b>312</b>
April	96		120		120		96		96	
May	96		96		96		120		120	
June	120	<b>312</b>	96	<b>312</b>	96	<b>312</b>	96	<b>312</b>	96	<b>312</b>
July	96		120		120		120		120	
August	96		96		96		96		96	
September	120	<b>312</b>	120	<b>336</b>	96	<b>312</b>	96	<b>312</b>	96	<b>312</b>
October	96		96		120		120		120	
November	96		96		96		96		96	
December	72	<b>264</b>	72	<b>264</b>	72	<b>288</b>	72	<b>288</b>	72	<b>288</b>
<b>Annual Total</b>	<b>1,200</b>		<b>1,200</b>		<b>1,200</b>		<b>1,200</b>		<b>1,224</b>	
<b>Annual w/ D</b>	<b>1,152</b>		<b>1,152</b>		<b>1,152</b>		<b>1,152</b>			

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