



Riverdog Farm

May 24, 2021

# Riverdog Farm Veggie Box News

## Box Contents:

2 hds Lettuce  
.75 lbs Arugula  
1 hd Fennel  
1 lb Cauliflower  
1 bu Carrots  
1 bu Curly Kale  
1 bu Red Torpedo Onions  
1 lb Broccoli

**Payment by mail is due by  
May 31<sup>th</sup> for June deliveries:**

**All Boxes \$30**

Tuesdays: \$150

Wednesdays: \$150

Thursdays: \$120

Fridays: \$120

Sat: \$120

Sun: \$150

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

2021

Quarterly Payment Schedule:

**2<sup>nd</sup> Quarter**

April/May/June

Tu/Wed: \$390

Th/Fri/Sat/Sun: \$390

**Annual Payment**

\$1,440

(This includes 2 free boxes!)

**Half-Year Payment**

**\$720**

(This includes 1 free box!)

To view the 2021

A/B alternate week schedule:

**Scroll to bottom of Newsletter  
for annual calendar**

**Box notes:** We're pleased with the variety offered in this week's veggie box. The fennel is great thinly sliced, raw in salads. Use it like celery to impart a sweet, mild licorice flavor with added crunch. The red torpedo onions are a flavorful onion variety that becomes sweeter when cooked. They are delicious raw on salads or sautéed to accompany any meat/fish/tofu main dish. Our later cabbage plantings are about ready to harvest. There'll be a round of green, savoy, and red cabbage in the veggie boxes in the coming weeks.

**Field Notes:** The later plantings of cauliflower and broccoli are now ready to harvest. We were hoping the fields would be productive before high temperatures - that the broccoli/cauliflower don't thrive in - came upon us. The new potato harvest will begin this week. Farewell to asparagus and leeks for this year. We've had successful harvests for both the asparagus and leeks in 2021.

**Frog Hollow Farm Fruit Box Subscribers: Price Change Notification:** Frog Hollow Farm fruit boxes will increase in price effective 5/7/21. This increase is due to Frog Hollow increasing their box price because of the rising costs of producing the fruit. This is their first increase in 5 years so we have to, in turn, increase the cost of the fruit box that we offer to you from them. The new price is \$33.25 per Frog Hollow Farm fruit box.

Please encourage neighbors, friends and colleagues to sign-up for the Riverdog Farm CSA. We offer Gift Certificates (on the webstore) or you can sign up your friends and family members with a check or credit card. Print or email the Welcome email to send to the gift recipient.

## Webstore Features:

- **Smoked/Cured Hams: limited supply available**
- **Organic Pasture Raised Eggs: Subscriptions for weekly egg deliveries and add-on egg orders are available**
- **Pastured Whole Chickens**
- **Pastured Pork Cuts and Pork Shares**
- **Variety of Sausages**
- **Raw Mission Almonds, Raw Hartley Walnuts and vegetable items are available by the case or half case. Visit: <https://csa.farmigo.com/store/riverdogfarmcsa> to place your orders. Please place your orders by noon, 2 days before your delivery day to ensure same week delivery.**

**Announcement for Chicken Subscribers and for folks ordering chickens from the webstore: you now have the ability to specify your preferred chicken weight. At the moment, the weight range is 3.5 lbs to 4.5 lbs. Larger chickens will be available**

in a few months.

**Look for announcements in the newsletter about the changes to available chicken weights. There are several weights to choose from: 3.5 lbs to 4.5 lbs, by the ½ lb increment. Please log in to your account and select the size you'd like. You can change the size as needed but once selected, that will be the approximate weight you receive. Make any changes by noon 48 hours before your deliver day. Thank you!**

The weekly box contents are subject to change (from the box contents listed in the weekly newsletter). We include a list of box contents in the newsletter to give you an idea of what to expect but it may differ from what is packed. Crop quality, daily yields and weather conditions will determine final box contents each week.

**Remember to email the farm [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com) to confirm cancellation of your CSA membership.**

**Please pick up your veggie box on your delivery day.** Please pick up your CSA order on your delivery day so that it stays fresh and we can ensure quality. CSA site hosts may donate any unclaimed items no sooner than 24 hours after the original pick up day and time week of 3pm. **After 24 hours (3pm the following day) unclaimed/forgotten orders may no longer be available and the subscriber absorbs the subscription cost for that week's order.**

**Friendly Reminder:** A/B delivery schedules are every other week. They aren't always 1<sup>st</sup>/3<sup>rd</sup> or 2<sup>nd</sup>/4<sup>th</sup> weeks due to some months having 5 weeks.

#### **New CSA Announcements:**

- 1. Chicken subscriptions** are available AND now you can choose a desired weight in whole numbers between 3 lbs and 6 lbs. The whole chickens (with head and feet) are \$6 per lb. The average weight is 3.5 to 7 lbs. All meat raised on the farm is pasture fed. The animals are CCOF certified organic but cannot be labeled as organic due to being processed in a facility that is not certified organic. Your account is updated weekly with the actual weight packed for you. To begin a chicken subscription, add a chicken to your account 48 hours before your delivery day. Your account is deducted with the actual price of the chicken at midnight the day after delivery.
- 2. Webstore Orders:** There are chickens available on the web store. Try out a chicken with no subscription commitment. If you like it then add it to your account as a weekly subscription. There are also a limited supply of half, smoked hams available.
- 3. Avedano's Members:** Please pick up your CSA boxes and all other orders at the ordering window so the Avedano's crewmember can cross off your name. We are changing this pick up policy due to product loss. If you have any questions, comments or concerns, please email [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com). ALSO you are able to return your CSA boxes to Avedano's. Please flatten box and they will take it and return it back to us.

**Site hosts: Please email the CSA manager by the morning following the delivery day about any unclaimed CSA boxes. This way, we can contact CSA subscribers to remind them to pick up their veggie boxes.**

**Check your CSA account for the most up-to-date information such as your next delivery from the farm.**

Riverdog Farm has an Instagram account. Find us via our Instagram handle: riverdogfarm. On our account, we share images of the crops, farming, re-posts of your farm fixings photos and videos and provide market/CSA updates.

Whether you leave the box at the site or take it home to return the following week, please unfold (collapse) your box carefully to keep the end flaps from tearing. Slowly bend the two end panels towards the outer ends first then collapse (flatten) the whole box by gently folding the rest.

**Give your account 48 hours to update when making changes.** For example, when changing your account status from permanent hold to active by charging your credit card, the process may take up to 48 hours to update. The auto-pay option button is at the bottom of your account page. Please click it for auto-renewal of your CSA subscription and to ensure uninterrupted weekly veggie box deliveries.

**Frog Hollow Farm Fruit Box** The weekly fruit box is **\$33.25 starting 5/7/21**. To add the Frog Hollow Fruit box to your weekly subscription,

- 1) go to your CSA account.
- 2) Log in then look at the right side of your page at the **summary** box - at the bottom of that box is your subscription with a darker green box that says "change". Click on **change**.
- 3) Below the title "**CHANGE SUBSCRIPTION**" you have 2 tabs - Click on the **-options-** tab. You will see the Frog Hollow Fruit box available to add.

4) ALL orders must be in by **Sunday at NOON** so we have the ability to process the order and deliver it.

**The Frog Hollow fruit box will be available to add to your CSA account from Thursday to Sunday by NOON.** Due to logistics, the Frog Hollow Fruit Boxes will only be available to the **Wednesday/Thursday/Friday** subscribers. CSA subscribers who pick up on Tuesdays/Thursdays/Saturdays, at the Berkeley farmers markets may purchase directly from Frog Hollow. 12:00 pm Sunday is the deadline to change your account for the fruit box, if you enter a hold any time after that, we can cancel delivery of the box, but your account will still be charged the full amount for the Fruit box. Frog Hollow CSA boxes come with 3-4 varieties of seasonal tree ripened, exceptionally tasty stone fruits. As part of their commitment to sustainability, Frog Hollow works hard to avert food waste. You can expect to see ripe, cosmetically imperfect fruit and small or large pieces of fruit in the fruit boxes. These characteristics should not affect the deliciousness of what you receive. Visit their web site to learn more about their CSA program, farm, ethos, fruits and recommendations: [www.froghollow.com](http://www.froghollow.com)

- **Keeping it safe:** We are so pleased to announce that the majority of the farm employees, including farmer's market staff, have been vaccinated for COVID-19 thanks to the free vaccination program implemented by Yolo County in partnership with Yolo County Department of Health, the Yocha Dehe Fire Department and local farms who hosted vaccination clinics. We continue to implement our COVID-19 prevention protocol on the farm per the CDC and Cal-OSHA recommended best practices. Prevention measures include: required face covering and glove wearing, 6-foot distancing in the workplace, hand sanitation and employees are not allowed to work with symptoms of COVID-19.
- **Reminder:** So that 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 before your balance is at \$0, you **MUST** contact the farm through email to request cancellation. You may put your account on a DELIVERY hold if you will be gone for periods of time.
- For any changes you need to make to your account, the cut off time is 12:00 NOON, 2 days before your delivery day. Remember to make any changes to your account such as payment renewal, webstore orders or delivery holds by 12:00 NOON, 2 days before your delivery day. Thank you!

**"Delivery hold"** is used for short periods of time – use this option 48 hours in advance to schedule the deliveries you are unable to pick up.

**"Permanent Hold"** is used for long periods of time – use this option if you are gone for extended periods of time and wish to resume your account when you get back. You must change your status to "active" when you return in order to resume deliveries.

**"Cancel"** is used to delete membership details, this means you would need to re-enter delivery status, subscriptions, and credit card information when you resume the Riverdog Farm CSA

## **Broccoli [And Cauliflower – RDF note] Salad**

**From:** <https://tastesbetterfromscratch.com/broccoli-salad/>.

- 2 heads fresh broccoli, cut into florets
- 1 cup mayonnaise (I often use half plain Greek yogurt)
- 2 Tablespoons apple cider vinegar
- 3 Tablespoons granulated sugar
- 8 slices bacon, cooked and crumbled
- 1/4 cup red onion, chopped
- 1/2 cup dried cranberries (or raisins)
- 1/2 cup almonds, chopped (\*see note below)

### **Instructions**

1. Blanch the broccoli/cauliflower in boiling water for 1 minute. Drain and rinse with cold water.
2. In a large bowl mix together mayonnaise, vinegar and sugar. Stir well.
3. Add broccoli, bacon, onion, cranberries or raisins and almonds to a large bowl. Drizzle with desired amount of sauce.
4. Refrigerate for at least 1 hour before serving. Toss again to coat before serving.
5. Store in the fridge for up to 2 days.

## Kale Salad with Carrot Ginger Dressing

From: <https://www.loveandlemons.com/kale-salad/>.

### Carrot Ginger Dressing

- ½ cup chopped roasted carrots, from ¾ cup raw carrots
- 1/3 to ½ cup water
- ¼ cup extra virgin olive oil
- 2 tablespoons rice vinegar
- 2 teaspoons minced ginger
- ¼ teaspoon sea salt

### Salad

- 1 batch roasted chickpeas
- 1 bunch curly kale, stems removed, leaves torn
- 1 teaspoon lemon juice
- ½ teaspoon extra virgin olive oil
- 1 small carrot, grated
- 1 small red beet, grated\*
- ½ watermelon radish, very thinly sliced
- 1 avocado, cubed
- 2 tablespoons dried cranberries
- ¼ cup pepitas, toasted
- 1 teaspoon sesame seeds
- Sea salt & Freshly ground black pepper

### Instructions

1. Make the dressing and roast the chickpeas: Preheat the oven to 400°F and line a large baking sheet with parchment paper. Toss the chickpeas with a drizzle of olive oil and sprinkle with pinches of salt and pepper. Place the carrot pieces for the dressing in their own corner on the baking sheet to roast alongside the chickpeas. Roast for 25 to minutes, or until the chickpeas are browned and crisp and the carrots are soft. Set the roasted chickpeas aside. Transfer the carrots to a blender and add the water, olive oil, rice vinegar, ginger, and salt. Blend the dressing until smooth and chill in the fridge until ready to use.
2. Place the kale leaves into a large bowl and drizzle with the lemon juice, ½ teaspoon of olive oil, and a few pinches of salt. Use your hands to massage the leaves until they become soft and wilted and reduce in the bowl by about half.
3. Add the carrot, beet, watermelon radish, half of the cubed avocado, cranberries, pepitas, a few more good pinches of salt and a few grinds of pepper, and toss. Drizzle generously with the carrot ginger dressing. Top with the remaining avocado, more dressing, the roasted chickpeas and sprinkle with the sesame seeds. Season to taste and serve.

Yellow = "A" week deliveries, White = "B" week deliveries

Farm Closed for the CSA Deliveries from December 24, 2021 - January 3, 2022

2021

