



Riverdog Farm

September 18, 2017

Riverdog Farm Veggie Box News

Box Contents

1 Green Cabbage
1 Charlyn or Crenshaw Melon
1 lb. Fairtime Peaches
1 lb. Early girl and Mixed
Heirloom Tomatoes
1 Red Kabocha Squash
1 ½ lb. Mixed Sweet Peppers

Box Notes: The Fairtime peaches are the last stone fruit for us to harvest this summer. We've included two grilled peach recipes in the newsletter for you to savor the sweetness of summer that is slowly transitioning to autumn.

Farm Notes: We are gearing up for the annual Hoes Down Harvest Festival happening on October 7, 2017. We look forward to this multi-farm celebration of the region's bounty. One of the ways Riverdog Farm supports the event is our donation of 400 gourds for the children's area. We grow the gourds two years before the event, as they require a year to dry. Watching the swarm of kids fervently washing and painting their gourds during Hoes Down is such a kick!!

Payment for the October deliveries is due by **September 30th, 2017.**

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

Thank you to all who have signed up for our new online CSA platform! Please follow this link: <https://csa.farmigo.com/account/riverdogfarmcsa> to log onto your existing member account, check your balance, select a payment plan, schedule hold dates, shop the web-store and more!

Also new: Our online Web Store is live! Follow this link to explore schedule and purchase our pasture raised meat products and other farm-raised goodies: <https://csa.farmigo.com/store/riverdogfarmcsa>

Thank you for your payment if already sent!

Quarterly Payment Schedule

4th Quarter
October / November /
December:
Tuesday/Wednesday/Thursday
/ Friday subscribers: **\$288**

To view the 2017 payment schedule visit:

[2017 Payment Schedule](#)

Taste of Capay

When: Sunday October 29, 2017, 2:00 pm to 6:00 pm

Where: Full Belly Farm in Guinda

\$60 per person or \$500 per table of ten

This event highlights the bounty of the region with a delectable, multi-course farm dinner. Event proceeds will support the Esparto Park and Aquatic Center, a new 8-acre community park with playing fields, a swimming pool, perimeter walking trail, and a basketball court to be built in 2018.

Contact Maya Walker to purchase event tickets: maya.m.walker@gmail.com or 530-867-5603.

Save the Date: Saturday October 7 and 8, 2017 Hoes Down Harvest Festival at Full Belly Farm in Guinda. Visit: hoesdown.org for ticket information and volunteer opportunities.

Grilled Peaches

From: <http://www.marthastewart.com/316040/grilled-peaches>.

4 peaches
2 tablespoons melted unsalted butter

Heat grill to medium-low.
Halve and pit peaches; brush both sides with butter.
Place peaches on grill; cover grill, and cook until charred and softened, 4 to 5 minutes per side.

Grilled Peaches with Cinnamon Sugar Butter

From: <http://www.foodnetwork.com/recipes/bobby-flay/grilled-peaches-with-cinnamon-sugar-butter-recipe>

1 stick unsalted butter, at room temperature
1 teaspoon cinnamon sugar
2 tablespoons granulated sugar
Pinch salt
4 ripe peaches, halved and pitted
Canola oil
Mint leaves, for garnish

In a small bowl add the butter and stir until smooth.
Add the cinnamon sugar, granulated sugar and salt and mix until combined.

Heat grill to high. Brush peaches with oil and grill until golden brown and just cooked through. Top each with a few teaspoons of the butter and garnish with mint leaves.

Roasted Kabocha Squash

From: <http://nomnompaleo.com/post/11136213353/roasted-kabocha-squash>.

1 medium kabocha squash
2 tablespoons coconut oil, melted
Kosher salt
Freshly ground black pepper

Preheat the oven to 400 F, rinse the squash under running water, and dry it. (If you're going to peel it, do so now with a sharp vegetable peeler.) Scoop out the seeds and cut into wedges.

Toss the wedges with the coconut oil, salt and pepper. Place the squash wedges in a single layer on a foil-lined cookie sheet.

Roast the squash for 30-45 minutes, flipping them

over at the midpoint. The wedges are ready to eat when they're slightly crunchy on the outside and fluffy and soft on the inside.

Bright Cabbage Slaw

From: <http://ciaosamin.com/ciao/simple-cabbage-slaw>.

1 small head of cabbage--red, green, napa, or any combination of the three is fine
1 small red onion
2 jalapeños
1 small bunch cilantro
Red wine vinegar
1 lime
1 lemon
Salt
Olive oil

Halve the head of cabbage, remove the core from each half with a V-shaped incision, and slice thinly. Place in a big salad bowl and sprinkle generously with salt. Let the cabbage sit for at least 20 minutes to release some of its water.

In the meantime, peel and halve the onion. Remove the stem end and slice thinly. Macerate with red wine vinegar. Halve, seed, and slice the peppers. Roughly chop the cilantro. Both leaves and stems are delicious, but trim any woody ends the stems might have before chopping.

When the cabbage has released a good amount of water, drain it, and then add the onion (but not the vinegar), cilantro, and appropriate amount of peppers for your liking. Dress with olive oil.

Now comes my favorite part: layering the acids. You've already introduced some acid with the macerated red onion, and vinegar is a sort of heavier form of acid, so try to balance it out with lime and lemon juice. Probably the entire lime and half the lemon is a good amount to start with.

Taste, adjust salt and oil if needed. Then, start to tinker with the acids. Does it need more vinegar? More lemon? Taste and adjust, taste and adjust, taste and adjust. I like my slaw on the acidic side, since I usually serve it with fried or rich foods as a foil. If you're just eating slaw and say, grilled chicken or fish, it might not need quite as much acid. It's all about context, you know?