



Riverdog Farm

Sept 30, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 1 bskt Juliette Cherry Tomatoes
- 1 bskt Shishito Peppers
- ½ lb Arugula Peppers
- 1 hd Napa Cabbage
- 1 b Russian Banana Fingerling Potatoes
- 1 ½ lbs Early Girls/Slicer Tomatoes

Payment by check is due by Sept 30th for October Deliveries:

- Tuesdays: \$120
- Wednesdays: \$120
- Thursdays: \$120
- Fridays: \$96
- Sat/Sun: \$96

Thank you for your payment if already sent!

Quarterly Payment Schedule:

3rd Quarter
July/August/September
\$312

Annual Payment
\$1,152

(This amount includes 2 free boxes!)

To view the 2019 payment schedule visit:

[2019 Payment Schedule](#)

Field Notes: A wild storm with isolated showers, hail and even a tornado (touched down in Davis) hit Yolo County Saturday evening. Some parts of the county were not hit but others including Woodland and Davis were hit out of the blue with strong winds, golf ball size hail and bucket loads of rain. It actually looked like it had snowed on some roads! Some fields are flooded in Woodland. In our region, the Capay Valley, we only received a few sprinkles of rain and some mild winds. Old-timers in the region are forecasting a wet winter. We shall see!

Box Notes: While the evening temperatures are cooling down significantly, it's still warm enough during the day for the summer crops to continue to ripen and for the winter crops to grow steadily. We've had an amazing potato harvest this year, the longest ever, with spring and late summer planted potatoes still coming out of the ground.

Hoes Down Harvest Festival, Saturday October 5, 2019 from 11 am to 11 pm. For ticket and event information visit: <http://hoesdown.org/>. Ticket sales are limited this year and only available via online, advance purchase.

Riverdog Farm Annual Pumpkin Party

Saturday October 19, 2019

12:00 to 4:00 pm

11905 State Route 16, Brooks CA 95606

Come to the farm, bring a potluck dish to share, enjoy farm-grilled pork sausages, take a hay-ride tour, feed the pigs, and pick a pumpkin to bring home.

We will provide grilled sausages and ice-cold water. RSVP to: csa@riverdogfarm.com. If lost the day of the event, call 530-320-1608.

CSA Payment Schedule

Quarter 3: Wednesdays \$312 Thursdays \$312 Fridays \$312

Quarter 4: Wednesdays \$288 Thursdays \$288 Fridays \$288

Annual Payment (annual payers receive 2 complimentary veggie boxes): \$1,152

We encourage you to consider making the annual payment for your veggie box deliveries. This helps support the farm by providing advance purchasing power for labor, seeds, fertilizers, and other farming expenses that are essential to the farm's operations. Thank you for supporting the farm with your continued CSA subscription!

Pork and Napa Cabbage Soup

From:

<https://nomnompaleo.com/post/153203159908/pork-and-napa-cabbage-soup#wprm-recipe-container-4115>.

- 1 teaspoon ghee or fat of choice
- 1 small onion, diced
- Kosher salt
- 1 pound ground pork (ground chicken thighs, beef, and turkey also work)
- 6 large fresh shiitake mushrooms, stemmed and thinly sliced (dried and reconstituted 'shrooms work, too)
- 2 garlic cloves, minced
- 6 cups [bone broth](#) or stock
- 1 head Napa cabbage (2 pounds), cut crosswise into 1-inch segments (bok choy or Savoy cabbage are good alternatives)
- 2 large carrots, peeled and sliced into coins
- 1 large russet potato, peeled and cut into 1-inch cubes
- Freshly ground black pepper
- 3 scallions, thinly sliced

Method

1. Heat the ghee in a large pot over medium heat. When the fat is shimmering, toss in the diced onion with a sprinkle of salt. Sauté the onions, stirring occasionally, until softened (about 3 minutes).
2. Add the ground pork and break it up with a spatula. Stir in the sliced mushrooms and another sprinkle of salt. Cook the pork and mushrooms until the meat is no longer pink and the shiitakes are tender (about 5 to 7 minutes).
3. Stir in the minced garlic and cook until fragrant, about 30 seconds.
4. Pour in the broth and crank up the heat to high. Bring everything to a boil.
5. Then, stir in the cabbage, carrots and potato, and bring the soup back to a boil. Don't worry about cramming too many veggies into the pot—the cabbage will cook down!
6. Lower the heat to medium or medium low to maintain a simmer, and partially cover the soup with a lid, leaving a crack so it doesn't boil over. Simmer the soup, stirring occasionally until the vegetables are easily pierced with a fork (about 15 minutes). Peek

under the lid to make sure that the soup isn't boiling over or barely percolating, and adjust the heat up or down as needed.

7. If you want to make this soup in a pressure cooker, sauté the ingredients in the pressure cooker as directed above. When you're ready to simmer the soup, close and lock the lid; then, cook it under high pressure for 3-5 minutes. Release the pressure manually when the soup is finished cooking.

8. Season to taste with salt and freshly ground black pepper. Ladle into bowls and garnish with fresh scallions.

Roasted Fingerling Potatoes With Garlic and Parmesan Recipe

From: <https://kitchenswagger.com/garlic-parmesan-fingerling-potatoes-recipe/>.

- 1 pound mixed color fingerling potatoes
- 1–2 garlic cloves, minced
- 1/4 cup grated parmesan cheese
- 2 tablespoons olive oil
- 2 tablespoons butter, melted
- 2 tablespoons fresh parsley, minced
- kosher salt and ground pepper to taste

1. Preheat oven to 425° F.
2. Cut fingerling potatoes into halves.
3. In a [cast iron skillet](#), combine potatoes, butter, olive oil, garlic, half the parsley, half of the parmesan cheese, salt and pepper. Stir and mix until potatoes are fully seasoned.
4. Place skillet in the oven and bake for 25-30 minutes, or until potatoes are slightly crispy and tender on the inside. (Should be able to easily pierce with a fork). Let cool for 5 minutes, top with the remaining parmesan cheese and fresh parsley.