



Riverdog Farm

October 8, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

- ¾ lb Mixed Sweet Peppers
- 1 lb Mixed Heirloom Tomatoes
  - 1 Butternut Squash
  - 1 Red Russian Kale
- 1 lb French Fingerling Potatoes
  - ½ lb Green Beans
- 2-3 each Slicing Cucumbers

**Payment by check is due by October 31st for November Deliveries:**

- Tuesdays: \$96
- Wednesdays: \$96
- Thursdays: \$96
- Fridays: \$96
- Saturdays: \$96

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

## Quarterly Payment Schedule:

### 4<sup>th</sup> Quarter

October/November/December  
\$288

### Annual Payment

\$1,176  
(This amount includes 2 free boxes!)

**To view the 2018 payment schedule visit:**

[2018 Payment Schedule](#)

**Box Notes:** Green beans have made a comeback! We planted some in mid-summer so they are just now becoming ready to pick. Late fall beans always have exceptional flavor so we hope you enjoy this autumnal surprise. We're featuring butternut squash in this week's veggie box. We grow about 10 winter squash varieties so that we can offer you a different type of squash each week throughout the winter months. The virtue of winter squash is that they store well, are packed with vitamins, and are a filling vegetable that can be adapted as dinner main and side courses or used as key ingredients in desserts.

**Field Notes:** We received about 1 ¼ inch of rain last week which was utterly glorious. It was a dramatic weather event with the bulk of the rain falling in about one hour last Wednesday afternoon. There were big black storm clouds loaded with precipitation in parts of the valley. Because of the fires, where the rain fell the most, it sheeted off the charred slopes and caused some flash flooding in the seasonal creeks that feed into Cache Creek. The watershed produced thick ash-laden water.

**Holiday Hams** are now available! The hams are from pastured hogs raised on a certified organic diet of pasture, produce culls from the farm, Cowgirl Creamery whey, Three Twins ice cream and grain. They are \$11 per lb. They range in size from 6-12 lbs. The animals are certified organic but once processed, the meat is not certified organic because the smokehouse in Ft. Bragg is not yet a certified organic facility. Please contact Christian at [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com) to place your order. We have a limited supply so place your order early.

## Riverdog Farm Annual Pumpkin Party

Saturday October 20, 2018

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 tour of the farm, feed the pigs, enjoy some Three Twins ice cream, and pick a pumpkin to bring home. We will provide grilled sausages and ice cold water.

**RSVP** by 10/15/18 with the number attending: [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com).

## Garlic and Parmesan Fingerling Potatoes Recipe

From: Kitchen Swagger (<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
  - 1 tablespoon 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, 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 serve.
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## Green Beans with Ginger and Garlic

From: The New York Times (<https://cooking.nytimes.com/recipes/146-green-beans-with-ginger-and-garlic>)

### Ingredients

- 2 ½ pounds green beans (French-style slim haricots verts work especially well), trimmed
- 4 tablespoons vegetable oil
- ¼ cup minced fresh ginger (about 6 inches ginger root, peeled)
- 4 medium-size garlic cloves, minced

Bring a large pot of salted water to a boil, and fill a large bowl with ice water. Working in two batches, boil beans until just tender but still crisp and bright green. Start testing after 4 minutes or so, being careful not to overcook. When done, plunge beans into ice water to stop cooking, lift out immediately when cool and drain on towels. (Recipe can be made to this point up to a day in advance and kept refrigerated, wrapped in towels.)

When ready to cook, heat 2 tablespoons oil in a wide skillet over high heat. Add half the beans, half the ginger and half the garlic, and cook, stirring and tossing constantly, until beans are heated through and ginger and garlic are softened and aromatic. Sprinkle with salt, and remove to a serving dish. Repeat with remaining oil, beans, ginger and garlic. Serve.

## Butternut Squash cooking ideas:

<https://www.geniuskitchen.com/recipe/caramelized-butternut-squash-106627>.

<https://www.wellplated.com/cinnamon-roasted-butternut-squash/>.

<https://www.blessthisplease.com/how-to-roast-butternut-squash/>.

<https://www.delish.com/cooking/recipe-ideas/recipes/a55386/best-roasted-butternut-squash-soup-recipe/>.

### Riverdog Webstore

<https://csa.farmigo.com/store/riverdogfarmcsa>

Butternut Squash  
\$35/35 lbs

Boneless Loin Chops  
12\$/lb