



Riverdog Farm

October 9, 2017

# Riverdog Farm Veggie Box News

## Box Contents

½ lb. Arugula  
1 bu Tokyo Turnips  
1 lb. Mixed Sweet Peppers  
1 hd Savoy Cabbage  
1 lb. Red Slicer Tomatoes  
2 Delicata Squash  
2 Rosa Bianca Eggplants

**Box Notes:** Arugula and turnips are back! The delicata squash is a sweet, yellow squash. Two recipes featuring delicata squash are included below. The Rosa Bianca eggplant is great as the main ingredient in baba ganouj, ratatouille or grilled.

**2017 Annual Pumpkin Party! Saturday October 21<sup>st</sup>:** Come one, come all, and celebrate the fall harvest at the farm! Riverdog Farm is hosting our annual Pumpkin Party on October 21<sup>st</sup> from 2pm-5pm. Bring the whole family and a potluck dish to share. Riverdog will provide grilled sausages, drinks and Three Twins Ice cream. Take a hayride out to the pumpkin patch where you can harvest a free pumpkin to take home. **Please RSVP with the number in your party by October 13<sup>th</sup> by emailing the farm: [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com). We will respond with details and directions.**

Payment for the November deliveries is due by **October 31st, 2017.**

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

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

## Quarterly Payment Schedule:

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

**To view the 2017 payment schedule visit:**

[2017 Payment Schedule](#)

## Important information about the new CSA software program PLEASE READ:

**A big change from our old system: If you would like to cancel your membership or place a long term hold on your deliveries, you must do so manually via your member page or by contacting the office! Deliveries will continue without receipt of payment. If you choose to place a hold on your account you can re-activate it at anytime.**

**-Any hold requests or changes to your csa delivery schedule and web order must be made 48 hours in advance of your delivery date. If the program will not allow this, contact the office.**

**-If you entered your credit card for payment and chose a payment plan schedule, your card will automatically be charged according to this schedule.**

**-Payments for Bi-weekly subscriptions are processed according to the number of deliveries. The minimum credit card payment amount is \$96. This amount pays for 4 delivery dates. The same is true for bi-weekly quarterly payments, you will be charged \$312 this amount will pay for 13 deliveries (roughly 6 months). If you would like to pay in smaller monthly installments for a biweekly subscription, you can continue to send a check to the farm. Please let me know if you have any questions or concerns.**

**To log onto your CSA member account profile** 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!

**Web Store:** Follow this link to explore, schedule and purchase Riverdog Farm's pastures pork and chicken and other farm-raised goodies: <https://csa.farmigo.com/store/riverdogfarmcsa>

## Capay Valley Vision's 17<sup>th</sup> Annual Taste of Capay Farm Dinner

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, locally sourced, multi-course farm dinner and live auction. 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. Visit [capayvalleyvision.org](http://capayvalleyvision.org) for more information. Contact Event Coordinator Maya Walker to purchase tickets: [maya.m.walker@gmail.com](mailto:maya.m.walker@gmail.com) or 530-867-5603.

## Delicata Squash & Red Lentil Stew

From: <http://www.sfchronicle.com/recipes/article/A-Brown-Kitchen-Delicata-Squash-and-Red-Lentil-10591068.php?sfgaterecipesection=>

### Serves 4 to 6

1 teaspoon Aleppo pepper flakes  
1 teaspoon whole coriander seeds  
1 teaspoon fenugreek seeds  
10 to 12 black peppercorns  
8 to 10 curry leaves  
2 tablespoons extra virgin olive oil  
1 cup chopped red onion  
1 cup peeled and diced carrots  
1 tablespoon minced garlic  
1½ cups red lentils, cleaned and picked for stones  
½ cup wild rice, cleaned and picked for stones (optional)  
1 teaspoon kosher sea salt  
1 teaspoon ground turmeric  
5 cups water  
1 delicata squash (12 to 14 ounces), cored and sliced into rings  
1 cup chopped collard greens  
1½ cups trimmed and chopped green beans  
¼ cup lemon juice  
Fresh cilantro leaves, for garnish

**Instructions:** Place the Aleppo pepper, coriander, fenugreek, peppercorns and curry leaves in a spice mill (or coffee grinder) and pulse to a fine powder.

Heat the olive oil in a Dutch oven on medium-high heat. When the oil is hot, add the ground spice mix and cook for 30 seconds, until you just start to smell the aroma of the spices.

Add the onions and carrots to the pot and sauté until the onions start to get translucent. Fold in the garlic and cook for an additional 30 seconds.

Heat the olive oil in a Dutch oven on medium-high heat. When the oil is hot, add the ground spice mix and cook for 30 seconds, until you just start to smell the aroma of the spices.

Add the onions and carrots to the pot and sauté until the onions start to get translucent. Fold in the garlic and cook for an additional 30 seconds.

## Roasted Delicata Squash with Kale

From: <http://centerstagewellness.com/roasted-delicata-squash-with-kale/>

1 medium delicata squash  
1 bunch kale or other dark leafy greens  
1 clove garlic

2 tablespoon, divided olive oil  
salt and pepper

Preheat oven to 425F. Scrub squash well. Slice off the ends and cut in half length-wise. Scoop out seeds (I use a melon-baller). Cut into half-moons or quarters no more than 1/2" thick.

Toss squash with 1 tablespoon of the olive oil. Arrange on a baking sheet in a single layer. Roast at 425F for about 20-25 minutes, until uniformly tender and golden, turning after 10-15 minutes.

While squash is roasting, rinse kale and remove stems. Chop roughly. Chop garlic clove.

Heat additional tablespoon of oil in a skillet over medium heat and add kale with a pinch of salt. Sauté until dark green and wilted. Add garlic. Cook one more minute, then add two tablespoons of water. Stir briefly and remove from heat.

Serve squash on top of garlicky greens, hot or at room temperature. Add salt and pepper to taste.

## Cara Mangini's Sweet and Sour Pan-Roasted Turnips

From: <http://www.thekitchn.com/find-sweet-love-with-baby-turnips-220991> Follow this link for a great look at the Tokyo Turnip by Chief Cara Mangini.

In a small bowl, whisk together 1/4 cup water, 3 tablespoons honey, and 1 tablespoon white wine vinegar. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add about 2 pounds turnips (cut into wedges or 3/4-inch dice). Generously season the turnips with salt. Cook, stirring occasionally, for about 5 minutes until they begin to lightly brown. Add the vinegar mixture, and cook, stirring occasionally, for another 6 to 9 minutes until they are tender, browned, and slightly crisp on the edges. Transfer the turnips to a serving bowl. Finish them with a sprinkle of flaked sea salt and fresh chives. (Sauté or steam the greens separately and serve them alongside the pan-roasted turnips, or add them to the pan to cook just after you incorporate the vinegar mixture.)

She also has a short article with a great recipe for eggplant here: <http://www.thekitchn.com/what-to-do-with-the-smallest-most-beautiful-eggplants-of-all-220967>