



Riverdog Farm

October 14, 2019

# Riverdog Farm Veggie Box News

## Box Contents:

1 bskt Cherry Tomatoes  
3 Delicata Squash  
3 Pomegranates  
¾ lb Mixed Sweet Peppers  
½ lb Green Beans  
1 bu Curly Kale

**Payment by check is due by  
October 31 for November**

### Deliveries:

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

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

### Quarterly Payment Schedule:

**4th Quarter**  
Oct/Nov/Dec  
\$288

**Annual Payment**  
\$1,152

(This amount includes 2 free  
boxes!)

**To view the 2019 payment  
schedule visit:**

[2019 Payment Schedule](#)

**Field Notes:** We recently completed our annual food safety inspection. We do this through a third party certifier. It's the same non-profit, California Certified Organic Farms or CCOF that certifies our crops as organically grown. When we grow and sell produce via wholesale outlets, some of the companies require that our produce is Global GAP certified. GAP stands for Good Agricultural Practices. For the annual inspection, they check everything from our personal hygiene policy and implementation for the farm employees to field conditions before harvest and they check our input records.

**Box Notes:** Pomegranate season is the best! We grow a variety called Wonderful. These juicy morsels quench your thirst and impart a tart/sweet flavor unlike any other fruit. To eat, remove the end (flower end) opposite the stem end, then remove a bit of the central pithy core. The fruit can then be divided/split from the center into segments that the seeds can easily be removed from. Or some people prefer to break off the seeds in a bowl of water (submerge the fruit while breaking off the seeds) to prevent the red juice from splattering. Did you know that pomegranate trees/bushes happen to be one of the few fruit trees that can grow from cuttings, like figs! See this link for how to take and plant cuttings from pomegranate trees: <https://www.youtube.com/watch?v=-1RqxZIT--E>.

### 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 harvest a pumpkin to bring home. The farm will also have Three Twins ice cream for dessert.

We will provide grilled sausages and ice-cold water. **RSVP to: [csa@riverdogfarm.com](mailto: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!

## Apple Pomegranate Salad with Honey Balsamic Dressing

From: <https://therecipecritic.com/apple-pomegranate-salad-honey-balsamic-dressing/>.

- 6-8 cups chopped romaine, baby spinach leaves, or mixed greens
- ½ cup pomegranate seeds
- 2 medium apples, cored and sliced
- ½ cup crumbled feta cheese

For the Dressing:

- ½ cup balsamic vinegar
- 2 teaspoons minced garlic
- ⅓ cup sugar
- 4 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 1 teaspoon salt
- Optional: fresh cracked pepper

Instructions

1. Prepare the dressing by whisking all ingredients together until smooth. Chill until ready to serve.
2. In a large bowl combine lettuce, pomegranate seeds, apple slices, and feta cheese. Toss to mix well. Plate about 2 cups of salad onto each of four plates. Top with dressing and freshly cracked black pepper if desired.

Notes

If you loooooove dressing and want to have a little extra for the rest of the week, double the dressing recipe!!

## Garlic Bacon Kale Recipe

From: <https://www.spendwithpennies.com/how-to-cook-kale-garlic-kale-recipe/>.

- 3 slices bacon chopped
- 1/2 cup onion finely chopped
- 1 bunch kale washed and chopped
- 2 cloves garlic minced
- salt & pepper to taste

1. Cook bacon until crisp over medium heat. Remove bacon and set aside reserving drippings.
2. Reduce heat to medium low and cook onion in the drippings until tender, about 10 minutes.
3. Add kale and garlic stirring until cooked, about 5 minutes.
4. Season with salt and pepper to taste.

5.  
6.

7. Riverdog Farm PO Box 42 Guinda, California 95637 530-796-3802 csa@riverdogfarm.com

## Roasted Delicata Squash with Turmeric

From: <https://www.skinnytaste.com/roasted-delicata-squash-with-turmeric/>.

- cooking spray
- 1 1/2 tablespoons olive oil
- 2 delicata squash (about 14 oz each, washed and dried)
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon garlic powder
- fresh black pepper (to taste)
- chopped fresh cilantro (for garnish)

1. Preheat oven to 425°F. Lightly spray 2 large nonstick baking sheets with oil.

2. Slice the squash in half lengthwise and scoop out the seeds with a spoon. Slice the seeded halves into 1/4-inch thick slices (half circles) and place them in a large bowl.

3. Drizzle the olive oil, salt, turmeric, garlic powder and black pepper, tossing well to coat. Lay flat on the prepared baking sheets and bake in the center of the oven until golden brown, about 10 to 14 minutes on each side. Remove from oven and top with fresh cilantro and eat right away.