



Riverdog Farm

October 15, 2018

Riverdog Farm Veggie Box News

Box Contents:

- 1 bskt Shishito Peppers
- 1 lb Early Girl Tomatoes
- 3/4 lb Zucchini
- 1 bu Curly Kale
- 1 lb Yellow Finn Potatoes
- 2/3 lb Green Beans
- 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:

4th 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: The fall sun has been strong in the afternoons but the rest of the daytime temperatures have been very mild and comfortable. We have been so excited to begin the Autumnal harvest of the leafy green crops: arugula, loose spinach, little gem lettuce, beets with their tops, turnips and tops, kales, and chards as well as the winter squash. It's something new and different, an incredibly different taste sensation. Summer crops are still going strong. They will continue until the first frost sometime in November.

Field Notes: October and November are the months when we focus on getting as many overwintered crops into the ground as possible including the grains we grow for hog and chicken feed. It's a scramble to beat the clock and have everything transplanted or direct seeded before the rainy season begins in earnest. There's a hustle of activity prepping fields and planting them. We'll plant the garlic cloves and onion starts in November.

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. The hams 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 to place your order. We have a limited supply so please reserve 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.

Thai Red Curry with Vegetables

From: Cookie and Kate

(<https://cookieandkate.com/2015/thai-red-curry-recipe/>)

- 1 ¼ cups brown jasmine rice or long-grain brown rice, rinsed
 - 1 tablespoon coconut oil or olive oil
 - 1 small white onion, chopped (about 1 cup)
 - Pinch of salt, more to taste
 - 1 tablespoon finely grated fresh ginger (about a 1-inch nub of ginger)
 - 2 cloves garlic, pressed or minced
 - 1 red bell pepper, sliced into thin 2-inch long strips
 - 1 yellow, orange or green bell pepper, sliced into thin 2-inch long strips
 - 3 carrots, peeled and sliced on the diagonal into ¼-inch thick rounds (about 1 cup)
 - 2 tablespoons [Thai red curry paste](#)*
 - 1 can (14 ounces) regular coconut milk**
 - 1/2 cup water
 - 1 1/2 cups packed thinly sliced kale (tough ribs removed first), preferably the Tuscan/lacinato/dinosaur variety
 - 1 1/2 teaspoons coconut sugar or turbinado (raw) sugar or brown sugar
 - 1 tablespoon tamari or soy sauce***
 - 2 teaspoons rice vinegar or fresh lime juice
 - Garnishes/sides: handful of chopped fresh basil or cilantro, optional red pepper flakes, optional sriracha or chili garlic sauce
1. To cook the rice, bring a large pot of water to boil. Add the rinsed rice and continue boiling for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve. Just before serving, season the rice to taste with salt and fluff it with a fork.
 2. To make the curry, warm a large skillet with deep sides over medium heat. Once it's hot, add the oil. Add the onion and a sprinkle of salt and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the ginger and garlic and cook until fragrant, about 30 seconds, while stirring continuously.
 3. Add the bell peppers and carrots. Cook until the bell peppers are fork-tender, 3 to 5 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.
 4. Add the coconut milk, water, kale and sugar, and stir to combine. Bring the mixture to a simmer over medium heat. Reduce heat as necessary to maintain a gentle

simmer and cook until the peppers, carrots and kale have softened to your liking, about 5 to 10 minutes, stirring occasionally.

5. Remove the pot from the heat and season with tamari and rice vinegar. Add salt (I added 1/4 teaspoon for optimal flavor), to taste. If the curry needs a little more punch, add 1/2 teaspoon more tamari, or for more acidity, add 1/2 teaspoon more rice vinegar. Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of red pepper flakes, if you'd like. If you love spicy curries, serve with sriracha or chili garlic sauce on the side.

Blistered Shishito Peppers

From: Bon Appetit

(<https://www.bonappetit.com/recipe/blistered-shishito-peppers>)

- 2 tablespoons extra-virgin olive oil
- 3 cups whole shishito peppers or Padrón chiles
- Flaky sea salt
- Heat oil in a large cast-iron skillet or other heavy skillet over medium-high heat. Cook peppers, turning occasionally, until they begin to blister on all sides. Sprinkle with salt and serve immediately.

Other recipe suggestions:

<https://cooking.nytimes.com/recipes/12564-french-potato-and-green-bean-salad>.

<https://cooking.nytimes.com/recipes/1014524-quick-tomato-white-bean-and-kale-soup>.

<https://blog.williams-sonoma.com/weekend-project-slow-roasted-tomatoes/>.

<https://cookieandkate.com/2018/best-cucumber-salad-recipe/>.