



Riverdog Farm

October 16, 2017

# Riverdog Farm Veggie Box News

## Box Contents

½ lb Arugula  
1 bu Tokyo Turnips  
1 lb Mixed Sweet Peppers  
1 lb Purple Daikon Radish  
1 lb Early Girl Tomatoes  
1 bu Dino Kale  
1 bu Grey Kabocha Squash

**Field Notes:** We are very saddened by the damage and losses from all the fires throughout Northern California. The response for emergency aid support has been encouraging in this difficult time. In Capay Valley, we had one day of thick smoke but the winds have cleared the air. Thank you to all who reached out to the farm to see if we are okay.

**Box Notes:** The smaller early girl tomatoes are packed with sweetness and are very flavorful. We grow 3 types of kabocha squash: green, red and grey. They each have dark orange flesh, creamy texture and sweet flavor.

**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 as soon as possible with the number in your party by emailing the farm: [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com). We will respond with details and directions.**

## 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 endowment fund, 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, [www.capayvalleyvision.org](http://www.capayvalleyvision.org).

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](#)

## Roasted Kabocha Squash

From:

<http://nomnompaleo.com/post/11136213353/roasted-kabocha-squash>.

1 medium kabocha squash  
2 tablespoons coconut oil, melted  
Kosher salt  
Freshly ground black pepper

Preheat the oven to 400 F, rinse the squash under running water, and dry it.

Like all winter squash, kabocha takes a sharp knife and a bit of brute force to cut up. I've found that the best method is to cut off the top and the bottom because once the flesh is exposed, cutting it in half is a breeze. Scoop out the seeds and cut the squash into thin wedges.

Next, toss the squash with the coconut oil and season the slices with salt and pepper. Put the squash in a single layer on a foil-lined baking tray and place it in the oven.

Roast the squash for 30 minutes, flipping them over at the midpoint. The wedges are ready to eat when they're slightly crunchy on the outside and fluffy and soft on the inside.

## Kale Caesar Salad

From: The Tartine Bread Book by Chad Robertson

1-3 bunches Dino or Red Russian kale (or romaine)  
Homemade croutons  
2 cups olive oil  
2 lemons  
6 anchovy filets  
1 egg yolk  
2 cloves garlic  
salt  
RDF note: A handful of Parmesan Cheese

Wash and tear the kale (de-stemming it in the process) into bite sized pieces. Dry thoroughly and set aside.

Zest one of the lemons directly into a mortar and pestle. Now for the tricky part: using the mortar and pestle, crush the garlic, lemon zest and the anchovies until you have a paste without too many chunks in it. Add the egg yolk and salt and keep mashing until well combined. Now add 1/2 cup olive oil *one drop at a time*, stirring and mashing as you go. The dressing should thicken as you add the oil. After the first 1/2 cup is added, the recipe says to add the rest of the oil in a steady stream while constantly mixing had the best luck continuing to add the oil a small bit at a time (time consuming, but worth it). Add a squeeze of lemon juice every now and then as you go. Once all the oil is added, taste and add more lemon juice and/or salt if needed.

RDF Note: You can also blend all the dressing ingredients in a food processor. Be sure to blend all the non-oil ingredients first. Then slowly drizzle the oil in through the top while the processor is blending. It should emulsify into a delicious cohesive dressing. If your emulsion breaks (the oil is separating from the rest of the ingredients), don't worry about it. Simply put the entire batch into a mason jar with a tightly sealed lid shake it up and dress the salad.

Dress the salad, toss with some grated parmesan cheese and then add homemade croutons.

## Tokyo Turnips

Cooking ideas for this delicious vegetable that can be eaten raw or cooked, the tender green tops are delicious too:

[https://www.harvesttotable.com/tokyo\\_turnip/](https://www.harvesttotable.com/tokyo_turnip/).

<http://www.highgroundorganics.com/recipes/caramelized-tokyo-turnips/>.

<https://www.loveandlemons.com/ginger-miso-soup-w-tokyo-turnips/>.

<https://californiaoliveranch.com/recipe/appetizers/shrimp-with-tokyo-turnips-and-daikon/>.