



Riverdog Farm

October 21, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 1 ½ lbs Russian Banana Fingerlings
- 1 bskt Juliette Cherry Tomatoes
- 1 bu Tokyo Turnips
- 3 Pomegranates
- 1 bu Parsley
- 1 lb Green Beans

Payment by mail 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: Winds and more looming power outages are in the forecast this week. PG&E's scheduled power shut-offs are causing fresh market farms (and many agricultural businesses) a lot of grief. We have to scramble to rent an industrial generator, set it up and keep our walk-in coolers/freezers, office and wells running. It's tough on farms like ours that depend on refrigeration and irrigation pumps to protect the harvested crops and the crops in the field. We are hoping the rainy season will start soon and that the fire hazard will subside.

Box Notes: The array of colors in this week's box is a feast for the eyes. Remember: turnips tops are great to eat – sauté like spinach or boil briefly until wilted in salt water. With cool nights, and sunny days, the late summer colors become more pronounced.

Holiday Hams are now available for ordering. Please email the farm to reserve your whole or ½ ham for Thanksgiving and the winter holidays. The smoked hams are \$11 per lb and range from 5 to 12 lbs.

19th Annual Taste of Capay

Sponsored by Capay Valley Vision

Sunday November 3, 2019

2 pm to 6 pm

Luna Lavender Farm in Guinda

This annual event includes wine tasting, olive oil tasting, a sit-down dinner highlighting local products, a raffle and live auction. Event proceeds benefit the new Community Center/Health Clinic to be built in Esparto. The new building will provide health services that are currently not available in our region. It's going to be located across the street from our new 8 acre park and pool. Residents are thrilled to see our little rural community coming together to make much needed improvements. The new health clinic is generously made by possible by the support of the Yocha Dehe Wintun Nation.

For tickets visit: <https://www.eventbrite.com/e/taste-of-capay-tickets-70786934627>.

CSA Payment Schedule

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

Pomegranate Sumac Shish Kebab

From: <https://www.cardamomandtea.com/blog/pom-sumac-shish-kebab>.

- 2 pounds semi-boneless leg of lamb (if you are buying bone-in, buy 2 1/2 to 3 pounds)
 - About 1/2 to 3/4 teaspoons salt (to taste)
 - 2 tablespoons pomegranate molasses (for marinade)
 - 1 small red onion
 - 1 green bell pepper (can substitute another color bell pepper)
 - 1 pound cherry tomatoes
 - 1/2 teaspoon sumac
 - 1/2 teaspoon za'atar (optional, add 1/4 teaspoon more sumac instead)
 - About 1/2 to 3/4 teaspoons salt (to taste) *
 - 1 tablespoon olive oil
 - 2 tablespoons pomegranate molasses (for grilling)
1. Trim any large pieces of fat from the leg of lamb, and cut the lamb into chunks, discarding any bone or gristle.
 2. Place the lamb in a ziplock bag (or another sealable container), add the salt and pomegranate molasses, mix it around by squeezing the bag, and refrigerate for at least 2 hours, or up to 1 day. **
 3. Chop the onion and bell pepper into large chunks. Mix together in a ziplock bag with the cherry tomatoes, sumac, za'atar, salt, and olive oil. Refrigerate for at least 1 hour, or up to 1 day.
 4. Once they're ready, skewer the veggies and the lamb separately.
 5. Pre-heat the grill to medium-hot and brush one side of the lamb with 1 tablespoon pomegranate molasses.
 6. Once the grill is hot, add the lamb, molasses-side-down, and brush the other side of the lamb with the other tablespoon of pomegranate molasses. Then add the veggie skewers.
 7. Regularly check to make sure nothing is burning, and turn everything once or twice to cook evenly.
 8. Remove the veggies once they are charred and slightly wilted. For medium-rare, the lamb should be internally 135° F, although they're also very tasty when cooked beyond medium rare.

Use a little less salt if your za'atar is seasoned.

If you're in a hurry, you can get away with marinating it for 30 minutes, but the flavor intensifies if you leave it a bit longer. If you marinate for a shorter period, glaze the lamb with a little extra molasses during the grilling.

If you're making everything ahead of time: Simply mix the veggies with the seasoning, skewer them immediately, and refrigerate for up to a day. Start the lamb off by marinating it in a ziplock bag for an hour, then skewer and refrigerate for up to a day.

Spaghetti with Parsley Pesto

From: <https://www.bonappetit.com/recipe/spaghetti-parsley-pesto>

- 1 pound spaghetti
- Kosher salt
- 1/2 cup unsalted, roasted almonds
- 4 cups (packed) flat-leaf parsley leaves
- 3/4 cup chopped chives
- 3/4 cup extra-virgin olive oil
- 1/2 cup finely grated Parmesan
- Freshly ground black pepper
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- Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 2 cups pasta cooking liquid.
- Meanwhile, pulse almonds in a food processor until smooth. Add parsley, chives, oil, and Parmesan; process until smooth. Season pesto with salt and pepper.
- Toss pasta and pesto in a large bowl, adding pasta cooking liquid by 1/4-cupfuls until saucy. Season with salt and pepper.
- **Do Ahead:** Pesto can be made 5 days ahead. Cover surface directly; chill.

Easy Fingerling Potato Salad With Creamy Dill Dressing Recipe

From: <https://www.serious-eats.com/recipes/2014/06/easy-fingerling-potato-salad-recipe.html>.

- 1 1/2 pounds fingerling potatoes (such as La Ratte or Russian Banana), cut into 1/2-inch disks
 - 2 tablespoons white wine vinegar, divided
 - 1 tablespoon whole grain mustard
 - 2 tablespoons sour cream
 - 2 teaspoons extra-virgin olive oil
 - 1 small red onion, diced (about 3/4 cup)
 - 2 scallions, finely sliced (about 1/4 cup)
 - 2 tablespoons minced fresh dill
 - Freshly ground black pepper
1. Place potatoes, 1 tablespoon salt, 1/2 tablespoon vinegar, and 3 cups tepid water in a medium saucepan. Bring to a boil over high heat, stirring occasionally until salt is dissolved. Reduce to a bare simmer and cook until potatoes are completely tender and show no resistance when poked with a paring knife or cake tester, about 17 minutes. Drain potatoes. Immediately toss potato pieces with 1 tablespoon vinegar, spread in a single layer in a rimmed baking sheet, and allow to cool to warm room temperature, about 10 minutes.
 2. Meanwhile, combine mustard, sour cream, olive oil, red onions, scallions, dill, and remaining 1/2 tablespoon vinegar in a large bowl and whisk together. Add potatoes and toss thoroughly to combine. Season to taste with more salt and pepper as necessary. Serve. Potato salad can be stored in the refrigerator for up to 5 days. Allow to come to room temperature before serving.