



Riverdog Farm

October 22, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

- 1 bskt Cherry Tomatoes
- 1 lb Globe Eggplant
- 1 head Escarole
- 1 head Green Cabbage
- 2 pieces Acorn Squash
- ½ lb Green Beans
- 1 lb Heirloom Tomatoes

## 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:

### 4<sup>th</sup> 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:** This box shows why we love this warm October weather, which is giving us the exciting fall greens and squash, while still ripening up some fantastically flavorful tomatoes and eggplants. Escarole, a green from the chicory family (like endive and radicchio), is a favorite for cooking in a soup or sauté. The acorn squash has an excellent flavor and the seeds too are great to roast after they're freed from the tissue connecting it to the flesh of the squash.

**Field Notes:** Thanks to everyone who came out for our Pumpkin Party. We had a great turnout and had to split the farm tour in two, a larger group of parents & kids and smaller group who went on a more detailed tour discussing our soil management and why the breeds of pigs on our farm are well suited to being raised on pasture. Both groups got to feed some pumpkins to the pigs. It was a beautiful day, warm enough day for a few visitors to jump in the creek.

**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](mailto:csa@riverdogfarm.com) to place your order. We have a limited supply so please reserve your order early.

## Low-Commitment Wedding Soup

From: Bon Appetit (<https://www.bonappetit.com/recipe/low-commitment-wedding-soup>)

### Ingredients

- 1 lb. sweet Italian sausage
- 3/4 cup panko (Japanese breadcrumbs)
- 6 Tbsp. extra-virgin olive oil
- 8 garlic cloves,
- 1 medium head of fennel with fronds
- 2 medium onions
- 1/2 tsp. crushed red pepper flakes
- 1/2 cup dry white wine
- 1 4-oz. piece Parmesan with rind
- 1 15-oz. can cannellini (white kidney) beans
- 1 head of escarole

### Steps

1. Cut shallow slits in each **sausage link**, then remove sausage from casings; transfer sausage to a medium bowl. Add **1/2 cup panko**, **2 Tbsp. oil**, and **2 Tbsp. water**. Peel and finely grate **1 garlic clove** on a microplane into bowl. Season lightly with **salt** and mix with your hands until breadcrumbs are evenly distributed.
2. Portion meat into small meatballs about 1" in diameter (oil your hands to help with rolling if mixture gets sticky) and transfer to a plate.
3. Heat **2 Tbsp. oil** in a Dutch oven over medium. Add meatballs, spacing evenly apart, and cook undisturbed until first side is dark brown, about 5 minutes. Using tongs, turn meatballs and cook until other side is also well browned, about 4 minutes. Transfer back to plate and set aside.
4. Remove pot from heat and prep the rest of the soup ingredients: First, remove fennel fronds from **1 head of fennel** and save for garnishing the soup. Cut fennel head in half lengthwise. Cut a V-shaped notch in each half to remove the core. Place halves cut side down, then thinly slice crosswise.
5. Peel and trim **2 onions**. Cut in half lengthwise and coarsely chop.
6. Smash **6 garlic cloves** (keep remaining clove for the end) and peel.
7. Place Dutch oven back over medium heat and add **fennel**, **onion**, and smashed **garlic**; season with **salt** and **1/2 tsp. red pepper flakes**. Cook, stirring occasionally, until vegetables are golden brown and softened, 6–8 minutes.

8. Stir in **1/2 cup wine** and scrape bottom to dissolve any remaining stuck-on browned bits.
9. Add **8 cups water**; season generously with **salt**. Slice down along **Parmesan** rind to remove and add to soup; set cheese aside.
10. Bring to a simmer, then reduce to a gentle simmer. Cook uncovered until broth is golden and flavorful, 25–30 minutes. Season with more salt if needed.
11. Open **15-oz. can beans** and pour into a strainer or small colander. Rinse beans and shake to remove excess water, then transfer to pot along with meatballs. Bring back to a simmer and cook, stirring occasionally, until broth is slightly thickened from beans and meatballs are cooked and have released some of their flavor into the broth, 10–15 minutes.
12. While soup is simmering, separate leaves from **1 head of escarole** and rinse to remove any dirt. Tear into small pieces, then stir into soup in batches to wilt. Remove soup from heat.
13. Heat remaining **2 Tbsp. oil** in a small saucepan over medium. Finely grate remaining **1 garlic clove** into skillet. Add remaining **1/4 cup panko**. Season with **salt** and cook, stirring often, until panko is golden, about 4 minutes. Remove from heat.
14. Prepare your other garnishes: Finely grate about **1/2 cup cheese** from reserved hunk of Parmesan (you might not need it all). Finely chop **fennel fronds**.
15. Taste soup and season with salt if needed. Ladle soup into bowls and top with chopped fronds, grated cheese, and toasted panko.

### Riverdog Webstore

<https://csa.farmigo.com/store/riverdogfarmcsa>

Green Beans -- \$40.00/10 lb

