



Riverdog Farm

October 28, 2019

Riverdog Farm Veggie Box News

Box Contents:

½ lb Purple Daikon and Tokyo Turnips
1 bskt Cherry Tomatoes
1 hd Napa Cabbage
3 Pomegranates
1 bu Carrots
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: Our neighbors at Suntracker Farm wrote an opinion article about the PG&E shutoffs that was published last week in the NYT. They sell at the Napa Farmers Market. Here's the link to the article: <https://www.nytimes.com/2019/10/24/opinion/pg-and-e-power-farmers.html>. The article sheds some light on the dilemmas farms (and many small businesses) face when the electricity they depend on is not available. Right now, our farm is running on an industrial generator that we had to rent again this week. It was incredibly windy late Saturday night and all day Sunday. Luckily, there's no smoke or fires in the region for now. The wind has died down but PG&E is planning another power outage tomorrow. We're really hoping for rain soon to reduce the fire hazard and to get PG&E to keep the power flowing.

Box Notes: Our Napa cabbage field is looking better than ever. The heads are dense, heavy and sizeable. The conditions were optimal for the Napa cabbage this fall. While it may seem like a lot to go thru, you can substitute the Napa cabbage for lettuce and make slaw salads with it.

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 \$10 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 rural 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 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 continued CSA subscription!

Spicy Napa Cabbage Slaw with Cilantro Dressing

From:

<https://www.epicurious.com/recipes/food/views/spicy-napa-cabbage-slaw-with-cilantro-dressing-243168>.

- 1/4 cup rice vinegar (not seasoned)
- 2 teaspoons sugar
- 1 teaspoon grated peeled ginger
- 2 tablespoons vegetable oil
- 1 fresh serrano chile, finely chopped, with seeds
- 1 small head Napa cabbage (1 1/2 pounds), cored and cut crosswise into 1/2-inch slices
- 1 bunch scallions, sliced
- 1/2 cup coarsely chopped cilantro

Whisk together vinegar, sugar, ginger, oil, chile, and 1/2 teaspoon salt. Add remaining ingredients and toss well. Let stand, tossing occasionally, 10 minutes.

RDF note: Add grated purple daikon radish, Tokyo turnips, and carrots to the salad for a bit of refreshing crunch.

BA's Best Greenbean Casserole

From: <https://www.bonappetit.com/recipe/bas-best-green-bean-casserole>.

- 2 pounds green beans
- Kosher salt
- 2 tablespoons olive oil, divided
- 1 pound cremini mushrooms, sliced, divided
- 6 tablespoons unsalted butter, divided
- 4 large sprigs thyme
- 2 tablespoons all-purpose flour
- 1¼ cups whole milk
- 1 cup heavy cream
- 4 garlic cloves, finely grated
- ½ cup grated Parmesan
- Freshly ground black pepper
- ¾ cup French's fried onions
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- Preheat oven to 375°. Working in batches, cook green beans in a large pot of boiling salted water until bright green and halfway to tenderness, about 3 minutes per batch. Drain and let cool; trim stem ends.
- Heat 1 Tbsp. oil in a large skillet over medium-high. Cook half of mushrooms, without stirring, until golden brown underneath, about 2 minutes.
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- Toss and continue to cook, tossing occasionally, until browned on both sides, about 3 minutes more. Add 2 Tbsp. butter and 2 thyme sprigs to pan. Cook, tossing occasionally, until butter browns and mushrooms are dark brown and very tender, about 4 minutes longer. Season with salt and transfer to a plate. Repeat with 2 Tbsp. butter, salt, and remaining oil, mushrooms, and thyme.
- Melt remaining 2 Tbsp. butter in a large saucepan over medium-low. Whisk in flour and cook, whisking occasionally, until roux is golden brown and smells mildly nutty, about 4 minutes. Whisk in milk and cream. Increase heat and bring to a simmer, whisking often, and cook until béchamel sauce is thick and bubbling, about 5 minutes. Remove from heat and whisk in garlic and Parmesan; season with salt and pepper.
- Arrange green beans and mushrooms in a 2-qt. baking dish. Pour sauce over (it may not look like enough, but it will get saucier as it bakes). Cover tightly with foil and bake until sauce is bubbling, 25–30 minutes. Uncover and continue to bake until casserole is lightly browned on top and around the edges, 15–20 minutes longer. Top with fried onions and continue to bake just until onions are slightly darker and fragrant, about 3 minutes. Let sit 10 minutes to set before serving.