



Riverdog Farm

October 29, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

- 1 lb Early Girl Tomatoes
- ½ lb Arugula
- 1 hd Bok Choi
- ¾ lb Little Gem Lettuce
- ¾ lb Green Beans
- 1 lb Yellow Finn Potatoes

## 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:** Amazingly enough, the green bean plants are continuing to produce delectable beans. And the Little Gem Lettuce season has returned! Please see the recommended recipe below from the farm for the best way to enjoy Little Gem Lettuce. The last planting of the tomatoes will continue to produce fruit until it frosts. The first frost usually happens between late October and Thanksgiving. During our 28 years of farming, we had a few years when the tomato harvest went through Thanksgiving! This is a rare occurrence. As the season goes along, the tomato fruit size becomes smaller and the flavor becomes concentrated.

**Field Notes:** On the farm this week: the leeks are sizing up and beautifully weed-free. The blue-green allium leaves of the leeks make a beautiful sea of green in the fields.

Wishing all a Happy Halloween this week! We are looking forward to the first annual tractor-pulled hayride through our little hamlet of Guinda for Halloween. The kids in the region will be in costume and the ride will go along the county roads stopping at homes to trick or treat.

**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.

## Smothered Bacon Green Bean Casserole

From: Family Fresh Meals

(<https://www.familyfreshmeals.com/2014/11/smothered-bacon-green-bean-casserole.html>)

- 1 ½ lbs green beans (steamed until tender)
- 10 slices of bacon, cooked
- 2 Tablespoons soy sauce
- ⅓ cup light brown sugar
- ¼ cup butter, melted
- 1 teaspoon garlic powder
- ¼ teaspoon pepper
- ¼ teaspoon salt

### Instructions

1. Start by preheating your oven to 350 degrees. Place the drained green beans into a large mixing bowl. Set aside.
2. Prepare bacon according to package. ( I love cooking my in the oven) Cut in to large pieces and set aside.
3. Combine the soy sauce, brown sugar, melted butter, garlic powder, salt and pepper into a small bowl. Stir until well combined.
4. Next, pour mixture over green beans and add your bacon. Gently stir, until beans are evenly coated.
5. Place the green beans into a 9×13 casserole dish or baking pan. Bake uncovered at 350 degrees for 30 minutes.

## Little Gem Lettuce Salad: The Best Combo!

From RDF

Rinse lettuce in a water bath. Remove lettuce from the water and slice each head into halves lengthwise. Place halves face down on a towel to dry and pat to dry the outer leaves of the halves.

Thinly slice any combination of some of the following: pears (Asian or D'Anjou) or Fuyu persimmons, red onions, green pitted olives, candied pecans and avocado. Place the halved lettuce heads on a plater or platter with the inside facing upwards. Place the thinly sliced items on top of the

washed halves on a plate, single layer lettuce. Drizzle olive oil, flavored vinegar (fig, pomegranate, elderberry, citrus or other type) over the halves. Add salt and black pepper. Grate parmesan over all or add crumbled blue cheese. This is finger food, pick up the halves like little boats and attempt to keep all the good stuff balanced on the lettuce. Voila! This is a meal in itself, one of the farm's favorite salads.

## Bok Choi and Radishes

From : A Taste of Home

(<https://www.tasteofhome.com/recipes/bok-choy-and-radishes/>)

- 1 head bok choy
- 2 tablespoons butter
- 1 tablespoon olive oil
- 12 radishes, thinly sliced
- 1 shallot, sliced
- 1 teaspoon lemon-pepper seasoning
- 3/4 teaspoon salt

### Directions

Cut off and discard root end of bok choy, leaving stalks with leaves. Cut green leaves from stalks. Cut leaves into 1-in. slices; set aside. Cut white stalks into 1-in. pieces.

In a large skillet, cook bok choy stalks in butter and oil for 3-5 minutes or until crisp-tender. Add the radishes, shallot, lemon pepper, salt and reserved leaves; cook and stir for 3 minutes or until heated through.