



Riverdog Farm

October 30, 2017

# Riverdog Farm Veggie Box News

## Box Contents

1 bskt Shishito Peppers  
2 Pomegranates  
2-3 Delicata Squashes  
1 bu Rapini  
¾ lb Bulls Blood Greens  
1 bu Tokyo Turnips  
1 Green Cabbage

**Box Notes:** Pomegranate season has begun! We are pleased to include these juicy gems in your veggie boxes this week. Coming soon we will also have Fuyu persimmons from our persimmon orchardist neighbor in Guinda. The pomegranates are a sweet treat, break them into sections and gently pull the juicy seeds from the fruit. To prevent a mess, you can separate the seeds from the fruit under running water or in a bowl of water. Sprinkled on a lettuce salad, as a topping for yogurt, or in a combo fruit salad, and in smoothies these old world fruits are quenching and so full of tart sugar.

Check 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](#)

**Field Notes:** This mild, late October weather has been very optimal for the crop growing and harvesting conditions. Daytime temperatures in the mid to high eighties and cooler nighttime temperatures has given the fall and winter crops a boost. A game camera we have stationed near the pig paddocks in Brooks caught the image of a beautiful mature, female mountain lion. We have also seen her tracks along with the tracks of her smaller, younger offspring. Our theory is that the fires to the west of us have pushed the wildlife this way. It is very rare for a mountain lion to be seen on the valley floor but many live in the wilder hill country.

**Important Payment Information:** We will send payment reminders when your account balance has reached \$0. If your account drops below \$0, your deliveries may be interrupted. Please confirm by responding to the payment reminder that you would like to continue to receive CSA boxes and that payment is on the way. **You must let us know if you would like to cancel or permanently hold your deliveries.** Email notifications and this newsletter are our primary way of communicating with members. Please be sure to read the newsletter and emails we send, as they contain important information.

## Useful links for your new online CSA member profile

Your Account: <https://csa.farmigo.com/account/riverdogfarmcsa>

Payment: <https://csa.farmigo.com/pay/riverdogfarmcsa>

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

## **Bull's Blood Beet Greens with Beans and Bacon**

From: <https://yourganicfarm.com/recipes/main-courses/bulls-blood-beet-greens-with-beans-and-bacon/>

2 strips bacon or 1 Tbsp. Olive Oil & 2 Tbsp. Bac'uns  
1 onion, minced  
1 clove garlic  
1/2 to 1 tsp. red pepper flakes  
2 sprigs oregano  
3 Tbsp. vinegar  
1 Tbsp. honey or sugar  
salt to taste  
4 Cups Bull's Blood Beet Greens  
1 cup or more of any beans, cooked

Rinse beet greens under cold water, then cut into strips. Heat a large skillet. If using bacon, cut into small pieces and cook until crisp. Take bacon out of pan and reserve. If using fat, heat in large skillet. Add onion to skillet and cook over low heat, stirring, until nicely browned. Press or mince garlic and stir into onions. Add spices, vinegar and honey and bring to a boil. Add beet greens, cover. Cook, covered, until cooked to your taste. Stir in beans and bacon bits and heat through. Taste and add salt or pepper if needed.

## **Sauteed Shishito Peppers**

<https://www.epicurious.com/recipes/food/views/sauteed-shishito-peppers-summer-best-new-bite-51153400>.

Heat a little olive oil in a wide sauté pan until it is good and hot but not smoking. Add the peppers and cook them over medium, tossing and turning them frequently until they blister. They shouldn't char except in places. Don't rush. It takes 10 to 15 minutes to cook a panful of peppers. When they're done, toss them with sea salt and add a squeeze of fresh lemon. Slide the peppers into a bowl and serve them hot. You pick them up by the stem end and eat the whole thing, minus the stem, that is.

For variety, I sometimes use a little toasted sesame oil instead of olive oil and finish them with togarashi. If you have leftovers, an unlikely event in my experience, chop off the stems and put the peppers in an omelet or some scrambled eggs.

## **Roasted Red Onions and Delicata Squash**

From: <http://www.myrecipes.com/recipe/red-onions-delicata-squash>.

1 tablespoon unsalted butter, melted  
1 tablespoon chopped fresh thyme  
1 tablespoon honey  
2 teaspoons olive oil  
3 garlic cloves, sliced  
2 (12-ounce) delicata squash, halved lengthwise, seeded, and cut into 1/2-inch slices  
1 (1-pound) red onion, cut into 12 wedges  
1/2 teaspoon salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
Cooking spray  
3 tablespoons chopped fresh flat-leaf parsley

Place a baking sheet in oven. Preheat oven to 475° (leave pan in oven).

Combine first 5 ingredients in a large bowl, stirring with a whisk. Add squash and onion; toss gently to coat. Sprinkle vegetable mixture with 1/4 teaspoon salt and 1/4 teaspoon pepper. Carefully remove preheated pan from oven; coat pan with cooking spray. Arrange vegetable mixture in a single layer on pan. Bake at 475° for 20 minutes or until tender, turning once. Sprinkle with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and chopped parsley.

## **More Shishito pepper recipe ideas:**

<http://www.thekitchn.com/how-to-roast-shishito-peppers-recipe-221033>.

<http://www.foodandwine.com/blogs/7-recipes-sometimes-superspicy-shishito-peppers>.

<http://www.foodandwine.com/recipes/blistered-shishito-peppers-miso>.

<https://www.bonappetit.com/recipe/blistered-shishito-peppers>.