



Riverdog Farm

November 4, 2019

Riverdog Farm Veggie Box News

Box Contents:

1 bu Curly Kale
1 bu Chioggia Beets
2 Delicata Squash
2-3 Pomegranates
1 bu Red Carrots
1 hd Red Napa Cabbage

Payment by mail is due by November 30 for December deliveries:

Tuesdays: \$72
Wednesdays: \$72
Thursdays: \$72
Fridays: \$72
Sat: \$72
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: The first frost in the valley coincided with Halloween. We actually had 3 frosty mornings in a row. The fields where we grew the tomatoes and eggplant were colder than other parts of the valley so the summer crops are officially done.

Box Notes: This week's veggie box marks a pronounced seasonal transition, with the first frost ending the summer crop harvest and the fall/winter crops thriving through the increasingly colder nights. Over the weekend, at the annual Taste of Capay, the menu featured a little gem salad with thinly sliced Fuyu persimmons and juicy pomegranate seeds. This is a great way to enjoy the pomegranates. They are also delicious in yogurt with lemon and honey or sprinkled over hummus.

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.

Holiday Schedule:

November CSA: For the week of Thanksgiving, the Thursday (11/28) and Friday (11/29) CSA deliveries will happen on Tuesday November 26, 2019.

Farmers Markets: The Thursday November 28, 2019 Farmers Market in Berkeley will be closed.

December CSA: The farm will be closed from Sunday December 22 through Sunday January 5, 2020. We will resume the regular CSA delivery schedule the week of Monday January 6, 2020.

Farmers Markets: The Berkeley Farmer's Market will be closed: Tuesday December 24, 2019, Thursday December 26, 2019, Saturday December 28, 2019 and Tuesday January 31, 2019. We will not be at the Sacramento Sunday farmers markets on Sunday December 29, 2019.

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,

Tuscan Kale and White Bean Soup (Ribollita)

From: <https://wholefoodrepublic.com/kale-white-bean-soup-ribollita/>.

RDF Notes: Okay to substitute the Lacinato Kale with Curly Kale; also, adding cooked delicata squash sweetens and thickens the broth

2 x 400 g can organic butter beans (or cannellini beans), rinsed and drained
1 tablespoon extra-virgin olive oil
150 g smoked lean diced bacon
3 medium yellow onions, diced (about 2 cups chopped)
2 large carrots, diced
1 small fennel bulb, trimmed and chopped
6 cloves garlic, minced
1/4 teaspoon crushed red pepper flakes, or to taste
sea salt and freshly ground pepper, to taste
3 tomatoes, peeled, seeded and diced
6 handfuls of kale, stems trimmed off and leaves chopped (about 6 cups chopped)
1/3 cup dry white wine (80 ml)
5 cups chicken broth
1 small bunch flat-leaf parsley, chopped
Freshly grated parmesan, to garnish (optional)

METHOD:

1. In a large heavy-bottomed pot (the largest one you have), heat the olive oil over medium to medium-high heat. Add the bacon and onions and sauté, stirring occasionally, for 6-8 minutes, until onions softened.
2. Lower the heat slightly and add the carrots, fennel, garlic, chili flakes, a small pinch of salt and a generous amount of pepper. Cook for another 7-8 minutes, until vegetables are crisp-tender.
3. Add the tomatoes, kale and white wine. Continue cooking, stirring occasionally, for 5 minutes. Add the broth and **two-thirds** of the beans. Mash or puree the remaining beans with a little water, until smoothish. Stir the beans into the soup (the bean puree helps thicken up the soup broth).
4. Bring the soup to a light boil, then reduce heat to low and simmer for 10-15 minutes.
5. Remove the stew from the heat and stir in the parsley. Taste and season with more salt and pepper, to taste. Transfer to serving bowls and garnish with grated parmesan.

Red and Napa Cabbage Salad with Braeburn Apples and Spiced Pecans

- <https://www.epicurious.com/recipes/food/views/red-and-napa-cabbage-salad-with-braeburn-apples-and-spiced-pecans-236884>.
 - 2 teaspoons butter
 - 1 cup pecan halves
 - 2 tablespoons golden brown sugar
 - 1 tablespoon Worcestershire sauce
 - 1/8 teaspoon (scant) cayenne pepper
 - 2 tablespoons seasoned rice vinegar*
 - 1 tablespoon apple cider vinegar
 - 1 teaspoon Dijon mustard
 - 1/4 cup olive oil
 - 2 medium unpeeled Braeburn or Fuji apples, quartered, cored, thinly sliced crosswise
 - 2 tablespoons fresh lemon juice
 - 3 cups thinly sliced red cabbage
 - 2 cups thinly sliced Napa cabbage
 - 3/4 cup dried tart cherries (about 5 ounces)
 - **Also known as sushi vinegar; available in the Asian foods section of supermarkets and at Asian markets.*
1. Melt butter in nonstick medium skillet over medium-high heat. Add pecans and stir 1 minute. Add brown sugar, Worcestershire sauce, and cayenne; stir until nuts are coated, about 1 minute. Transfer nuts to foil sheet and cool.
 2. Whisk both vinegars and mustard in small bowl. Gradually whisk in oil. Season dressing to taste with salt and pepper. **Do ahead** *Spiced pecans and dressing can be made 1 day ahead. Store pecans airtight at room temperature. Cover and chill dressing; bring to room temperature and rewhisk before using.*
 3. Toss apples with lemon juice in large bowl. Add cabbages and dried cherries; mix. Add dressing and toss. Stir in pecans and season salad with salt and pepper.