



Riverdog Farm

November 12, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

2 lbs Fuyu Persimmons (not certified organic)  
1 bu Red Beets  
1 bskt Juliette Cherry Tomatoes  
1 ½ lbs Yellow Finn Potatoes  
Delicata Squash  
¾ lb Sweet Peppers

## Payment by check is due by November 31st for December Deliveries:

Tuesdays: \$72  
Wednesdays: \$72  
Thursdays: \$72  
Fridays: \$72  
Saturdays: \$72

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:** We're including more potatoes in this week's veggie box so that you can stockpile them for the week of Thanksgiving. This Friday, we will email to you next week's veggie box contents so that you can plan your holiday menu accordingly.

The fuyu persimmons are grown by our neighbor Frank Espriella here in Guinda. They are not certified organic. He doesn't use synthetic fertilizers or pesticides but opts to not be certified organic as he has a very small persimmon orchard. The fuyu persimmon is eaten firm, like an apple, no need to peel the skin.

**Field Notes:** Our region is experiencing smoky conditions from the Campfire in Butte County. Our hearts go out to all those who've lost homes, businesses and family members in the town of Paradise to the uncontrollable fires. We're hoping that fire containment will happen as soon as possible and that the rebuilding will happen as quickly as possible. In the meantime, we hope that the support continues for the residents and the emergency responders.

One the farm, we had our first frost early last Saturday morning. This means that the end of tomato, pepper, and eggplant season is fast approaching.

**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.

## Thanksgiving Delivery Schedule

### Tuesday 11/20:

All regular Tuesday, Thursday (except Berkeley Farmers Market) & Friday deliveries

### Wednesday 11/21:

All regular Wednesday deliveries

### Saturday 11/24 & Sunday 11/25:

Regular market pickup.

## Fuyu Persimmon Salad

From: The New York Times

(<https://cooking.nytimes.com/recipes/12897-fuyu-persimmon-salad>)

- 1 shallot, finely diced
- Salt and pepper
- 2 tablespoons lemon juice
- 1 tablespoon sherry vinegar
- 4 tablespoons extra-virgin olive oil
- 3 Fuyu persimmons
- ½ cup thinly sliced tender celery stalks and leaves
- 1 head radicchio, leaves torn into 2-inch wide ribbons
- Chunk of Parmesan, for shaving

Make the vinaigrette: put diced shallot in a small bowl with a pinch of salt. Add lemon juice and sherry vinegar and leave to macerate for about 5 minutes. Stir in olive oil. Season with additional salt and pepper to taste.

With a sharp paring knife, remove and discard the leafy calyx at the top of each persimmon. Peel persimmons and cut in half vertically. Lay persimmons flat side down and cut into 1/2-inch wedges.

Put persimmon wedges and celery slices in a low, wide salad bowl. Season with salt and pepper. Whisk vinaigrette, then pour over persimmon and celery and toss to coat well. Add radicchio and toss lightly.

With a vegetable peeler, shave about 1 ounce of Parmesan in thin strips over salad.

## Roasted Beets with Balsamic Glaze

From: Simply Recipes

([https://www.simplyrecipes.com/recipes/roasted\\_beets\\_with\\_balsamic\\_glaze/](https://www.simplyrecipes.com/recipes/roasted_beets_with_balsamic_glaze/))

Ingredients

2 pounds red beets, medium sized, scrubbed clean, green tops removed (see [beet greens recipe](#) for what to do with beet greens)

Olive oil

Salt

1/2 cup [balsamic vinegar](#)

2 teaspoons sugar

1 teaspoon grated orange zest

Freshly ground black pepper

Directions

1 Preheat oven to 400°F and line pan with aluminum foil.

2 Rub beets with olive oil, sprinkle with salt, place in pan, cover with foil: Place the beets in the pan. Rub olive oil over the beets, and sprinkle with salt. Cover the beets with another sheet of aluminum foil.

3 Roast for 1 to 2 hours: Roast for 1 to 2 hours, depending on the size of the beets and how old they are. After 1 hour, test every fifteen minutes by poking a beet with the tines of a fork.

Once the fork tines go in easily, the beets are tender and cooked. Remove from the oven.

4 Prepare balsamic glaze: While the beets are cooling, prepare the balsamic glaze. In a small, shallow sauté pan, add the balsamic vinegar and sugar. Heat on high until the vinegar has reduced to a syrup consistency. Remove from heat.

5 Peel and cut cooked beets: After the beets have cooled for several minutes, but are still warm to the touch, peel off the outer skins and discard. Cut the beets into quarters or more, bite-sized pieces.

6 Pour glaze over beets: Place beets in a serving bowl. Pour balsamic glaze over the beets. Stir in grated orange zest, and add salt and pepper to taste.

Garnish with a little orange zest to serve.