



Riverdog Farm

November 16, 2020

Riverdog Farm Veggie Box News

Box Contents:

1 lb Loose Spinach
2 Butternut Squash
1 bu Tokyo Turnips
.75 lbs Arugula
2 lbs Nicola Potatoes
1 hd Green Cabbage

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

All Boxes \$30

Tuesdays: \$120
Wednesdays: \$120
Thursdays: \$120
Fridays: \$120
Sat: \$120
Sun: \$150

**Thank you for your payment if
already sent!**

Quarterly Payment Schedule:

4th Quarter

Oct/Nov/Dec
Tu/Wed/Thu/Fri/Sat: \$330

Annual Payment

\$1,440

(This includes 2 free boxes!)

Half-Year Payment

\$720

(This includes 1 free box!)

To view the 2020

Payment Schedule,
A/B week schedule:

**Scroll to bottom of Newsletter
for annual calendar**

Field Notes: More rain is forecasted for this week. The rain brings a much anticipated dust reduction to the air. It also helps keep the crops moist and reduces irrigation sets. We are bracing for light rain winter as the forecast is for drought. For the farm this means, a longer irrigation season and the reduced chance of ground water replenishment. We will adjust our crop plan accordingly by planting less sweet corn (a water thirsty crop) next year and making other adjustments so that we're prepared to use less ground and surface water to irrigate.

Webstore Features: Holiday Hams, Whole Chickens and vegetable items available by the case. Visit: <https://csa.farmigo.com/store/riverdogfarmcsa> to place your orders. Please place your orders by noon, 2 days before your delivery day to ensure same week delivery.

Box Notes: The loose spinach is great eaten raw in a spinach salad with hard-boiled eggs or steamed/braised. See the recipe below for a refreshing, sugar-free, mayo-free coleslaw. The Tokyo Turnips are great raw, eaten like a radish or roasted whole, diced and added to soups, or grated in salads like a grated carrot. Wash the turnip tops well, chop and saute with the spinach.

***Thanksgiving Week Delivery Schedule:

All Thursday CSA and market CSA deliveries will happen Tuesday November 24, 2020 at your regular CSA drop site location. The location for the Tuesday and Thursday Berkeley Farmer's Markets CSA pick-ups will be Adeline and 63rd from 2 pm to 6:30 pm on Tuesday November 24, 2020. The Berkeley Farmers Market will be closed on Thursday November 26, 2020.

The Friday CSA deliveries will happen on Tuesday November 24, 2020.

The Berkeley Saturday Farmers Market will be open on Saturday November 28, 2020 so CSA subscribers will be able to pick up at the Saturday market that day.

The farm will be closed from December 23, 2020 to January 3, 2021. We will be at the Berkeley Farmer's Market on Tuesday, December 22, so CSA boxes will be delivered to the market that day. We will be at the Berkeley Farmer's Market on January 2, 2020 but there will be no CSA deliveries that day.

Each week, the veggie box contents are subject to change. We include a list of box contents in the newsletter to give you an idea of what to expect but it may differ from what is packed. Crop quality, daily yields and weather conditions will determine final box contents each week.

Please pick up your veggie box on your delivery day. With warm summer temperatures continuing through the fall, please pick up your CSA order on your delivery day so that it

stays fresh and we can ensure quality. CSA site hosts may donate any unclaimed boxes of vegetables no sooner than 24 hours after the original pick up day and time of 3pm. **After 24 hours (3pm the following day) unclaimed orders may no longer be available and the subscriber absorbs the subscription cost for that week's order.**

New CSA Announcements:

- 1. Chicken subscriptions** are available. The whole chickens (with head and feet) are \$6 per lb. The average weight is 3.5 to 7 lbs. All meat raised on the farm is pasture fed. The animals are CCOF certified organic but cannot be labeled as organic due to being processed in a facility that is not certified organic. Your account is updated weekly with the actual weight packed for you. To begin a chicken subscription, add a chicken to your account 48 hours before your delivery day. Your account is deducted with the actual price of the chicken at midnight the day of delivery.
- 2. Webstore Orders:** There are chickens available on the web store. Try out a chicken with no commitment, if you like it then add it to your account as a subscription. There are also whole, smoked hams available.
- 3. Site hosts: Please email the CSA manager by the morning following the delivery day about any unclaimed CSA boxes. This way, we can contact CSA subscribers to remind them to pick up their veggie boxes.**

Frog Hollow Farm Fruit Box The weekly fruit box is **\$29.75**. To add the Frog Hollow Fruit box to your weekly subscription, 1) go to your CSA account. 2) Log in then look at the right side of your page at the **summary** box - at the bottom of that box is your subscription with a darker green box that says "change". Click on **change**. Below the title "**CHANGE SUBSCRIPTION**" you have 2 tabs - Click on the **-options-** tab. You will see the Frog Hollow Fruit box available to add. 5) ALL orders must be in by **Sunday at NOON** so we have the ability to process the order and get it out to you on the proper day and time.

The Frog Hollow fruit box will be available to add to your CSA account from Thursday to Sunday at NOON. And, due to logistics, the Frog Hollow Fruit Boxes will only be available to the **Wednesday/Thursday/Friday** subscribers. CSA subscribers who pick up on Tuesdays/Thursdays/Saturdays, at the Berkeley farmers markets may purchase directly from Frog Hollow. 12:00 pm Sunday is the deadline to change your account for the fruit box, if you enter a hold any time after that, we can cancel delivery of the box, but your account will still be charged the full amount for the Fruit box. Frog Hollow CSA boxes come with 3-4 varieties of seasonal tree ripened, exceptionally tasty stone fruits. Summer CSA boxes contain 7 lbs. of mixed stone fruit, many varieties of peaches, plums, nectarines and pluots. As part of their commitment to sustainability, Frog Hollow works hard to avert food waste. You can expect to see ripe, cosmetically imperfect fruit and small or large pieces of fruit in the fruit boxes. These characteristics should not affect the deliciousness of what you receive. Visit their web site to learn more about their CSA program, farm, ethos and fruits and recommendations: www.froghollow.com.

Riverdog Farm has an active Instagram account. Find us via our Instagram handle: [riverdogfarm](https://www.instagram.com/riverdogfarm). On our account, we share images of the crops, farming, re-posts of your farm fixings photos and videos and provide market/CSA updates.

Whether you leave the box at the site or take it home to return the following week, please unfold (collapse) your box carefully to keep the end flaps from tearing. Slowly bend the two end panels towards the outer ends first then collapse (flatten) the whole box by gently folding the rest.

Give your account 48 hours to update when making changes. For example, when changing your account status from permanent hold to active by charging your credit card, the status may take up to 48 hours to update. The auto-pay option button is at the bottom of your account page. Please click it for auto-renewal of your CSA subscription and to ensure uninterrupted weekly veggie box deliveries.

Please check your CSA account for the most up-to-date information such as your delivery schedule.

- **Keeping it safe:** with the Shelter-in-Place order still in effect in Yolo County, we continue to implement our COVID-19 prevention protocol on the farm per the CDC and Cal-OSHA recommended best practices. Prevention measures include: required face covering and glove wearing, 6-foot distancing in the workplace, hand sanitation and employees are not allowed to work with symptoms of COVID-19.
- **Reminder:** So that your subscription continues uninterrupted, please make sure your credit card on file is up to date on your CSA account. For those who need to end the CSA subscription before your deliveries end, you **MUST** contact the farm through email to request cancellation. You may put your account on a DELIVERY hold if you will be gone for periods of time. If you wish to cancel your account, you may email the farm and we can cancel it for you.
- Please pick up your veggie box on your delivery day. It's important to pick up your veggie box the day of delivery to maintain freshness.
- For any changes you need to make to your account, the cut off time is 12:00 pm 2 days before your delivery day. Remember to make any changes to your account such as payment renewal or delivery holds by 12:00 pm 2 days before your delivery day. Thank you!

“Delivery hold” is used for short periods of time – you use this option 48 hours in advance to schedule the deliveries you are unable to pick up.
“Permanent Hold” is used for long periods of time – you use this option if you are gone for extended periods of time and wish to resume your account when you get back. You must change your status to “active” when you return in order to resume deliveries.
“Cancel” is used to delete membership details, this means you would need to re-enter delivery status, subscriptions, and credit card information when you resume the Riverdog Farm CSA

No Mayo/No Sugar Coleslaw

From:

<https://www.ambitiouskitchen.com/best-healthy-coleslaw-ever-no-mayo/>.

- 1/2 medium head of purple cabbage, shredded (about 3 cups shredded cabbage)
- 1/2 medium head of green cabbage, shredded (about 3 cups shredded cabbage)
- 2 heaping cups shredded carrots
- 1 cup finely chopped cilantro
- 1 jalapeño, seeded and finely diced
- 1/2 cup green onion (green part only)
- 1/2 cup pepitas
- 1/4 cup toasted sliced almonds
- **For the dressing:**
- 3 tablespoons extra virgin olive oil

Melt in Your Mouth Potatoes

From: <https://letsdishrecipes.com/melt-in-your-mouth-potatoes/>.

- 3 pounds Yukon Gold potatoes, peeled
- 6 tablespoons butter, melted
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup chicken broth
- 2-3 cloves garlic, peeled and crushed
- 2 tablespoons fresh chopped parsley

Place oven rack in upper-middle position. Preheat oven to 475 degrees. Spray a large rimmed baking sheet with non-stick cooking spray.

- 2 tablespoons apple cider vinegar
- 1-2 tablespoons pure maple syrup, depending how sweet you like your slaw
- 1 clove garlic, finely minced
- 1/4 teaspoon cayenne pepper, optional
- 1/2 teaspoon salt
- Freshly cracked black pepper

Instructions

1. Add all the ingredients for the slaw except for the almonds and pepitas to a large bowl.
2. In a small bowl, whisk together all the ingredients for the dressing. Pour all over the slaw and toss well to combine. Taste and adjust seasonings as necessary. Cover and place in fridge for at least an hour to allow flavors to marinate together.
3. Before serving, sprinkle with toasted sliced almonds and pepitas; toss again and serve.

In a small bowl, combine melted butter, thyme, rosemary, salt, and pepper.

Cut potatoes into 3/4 to 1 inch thick slices, discarding ends. Toss potatoes in butter mixture. Arrange in a single layer on prepared baking sheet.

Roast potatoes for 15 minutes. Remove from oven and flip potatoes over. Return to oven and roast for an additional 15 minutes.

Remove potatoes from oven and flip one more time. Add the broth and garlic to the pan and carefully return to oven. Roast for an additional 10-15 minutes, or until potatoes are tender. Sprinkle with parsley and serve.

**Yellow = “A” week deliveries, White = “B” week deliveries
 Red = No Deliveries – Farm Closed**

2020																											
January				April				July				October															
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
B	5	6	7	8	9	10	B	12	13	14	15	16	17	B	5	6	7	8	9	10	A	4	5	6	7	8	9
A	12	13	14	15	16	17	A	19	20	21	22	23	24	A	12	13	14	15	16	17	B	11	12	13	14	15	16
B	19	20	21	22	23	24	B	26	27	28	29	30	B	19	20	21	22	23	24	A	18	19	20	21	22	23	
A	26	27	28	29	30	31	A	3	4	5	6	7	A	26	27	28	29	30	31	B	25	26	27	28	29	30	
February				May				August				November															
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
B	2	3	4	5	6	7	B	3	4	5	6	7	B	2	3	4	5	6	7	A	2	3	4	5	6	7	
A	9	10	11	12	13	14	A	10	11	12	13	14	15	A	9	10	11	12	13	14	B	8	9	10	11	12	13
B	16	17	18	19	20	21	B	17	18	19	20	21	22	B	16	17	18	19	20	21	A	22	23	24	25	26	27
A	23	24	25	26	27	28	A	24	25	26	27	28	29	A	23	24	25	26	27	28	B	29	30				
March				June				September				December															
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
B	1	2	3	4	5	6	B	1	2	3	4	5	B	1	2	3	4	5	A	1	2	3	4	5	6		
A	8	9	10	11	12	13	A	8	9	10	11	12	A	8	9	10	11	12	B	6	7	8	9	10	11		
B	15	16	17	18	19	20	B	15	16	17	18	19	B	15	16	17	18	19	A	13	14	15	16	17	18		
A	22	23	24	25	26	27	A	22	23	24	25	26	A	20	21	22	23	24	25	B	20	21	22	23	24	25	
B	29	30	31				B	28	29	30			B	27	28	29	30			A	27	28	29	30	31		