



Riverdog Farm

November 26, 2018

Riverdog Farm Veggie Box News

Box Contents:

- 1 ½ lbs Fuyu Persimmons
(not certified organic)
- 1 bu Scarlet Queen Turnips
- 1 lb Baby Red Lettuce
- 1 ¼ lb French Fingerling Potatoes
- ¾ lb Mixed Sweet Peppers
- 2 Delicata Squash
- 1 bu Red Russian Kale

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:

4th 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: The Fuyu Persimmons are from Frank Espriella's orchard in Guinda. We feature the persimmons every year that he has a good fruit set. They are not certified organic. He doesn't use synthetic sprays or fertilizers but opts to not get certified as his operation is so small. The Fuyu is the type of persimmon that is eaten when firm, like an apple.

Field Notes: The rain finally came! We received about 1 inch of rain. It was a glorious rain that cleared the thick smoke from the air and refreshed all the leaf surfaces of the plants making better conditions for respiration and photosynthesis.

December Delivery Schedule:

The farm will be closed from December 23rd through January 1, 2018. There will be no regular CSA deliveries the last week in December and the first week in January. You may pick up a veggie box at the farmer's markets and we'll adjust your account balance. Veggie box deliveries will return the week of January 7th 2019.

We will be at the Farmers Markets on the following days at the end of December and in early January:

Saturday December 22: Berkeley Farmers' Market on Center and MLK

Sunday December 23: Sacramento Sunday Farmer's Market on 8th under the freeway

Thursday January 3: Berkeley Farmers' Market on Rose and Shattuck

Saturday January 5, 2018: Berkeley Farmers' Market on Center and MLK

Baked Delicata Squash with Lime Butter

From: <https://www.allrecipes.com/recipe/128967/baked-delicata-squash-with-lime-butter/>.

2 delicata squash, halved and seeded

3 tablespoons butter, softened

1 tablespoon fresh lime juice

1 tsp chili powder, or to taste

1/2 teaspoon lime zest (optional)

salt and ground black pepper to taste

1. Preheat oven to 350 degrees F (175 degrees C). Place the squash cut side down into a baking dish. Pour water into the dish to about 1/4 inch deep.
2. Bake in preheated oven until the squash pierces easily with a fork, about 30 minutes.
3. Meanwhile, blend the butter with the lime juice and chili powder in a small bowl. Mix in the lime zest, if desired. Season to taste with salt and pepper. Spoon the butter mixture into the cooked squash, and serve immediately.

Roasted Fingerling Potatoes

From: <https://www.jessicagavin.com/roasted-fingerling-potatoes/>.

- 1 pound fingerling potatoes, (454g) sliced in half lengthwise
- 2 tablespoons olive oil, (30ml)
- 1 tablespoon minced garlic, (10g) roughly minced
- 3/4 teaspoon kosher salt, (4g)
- black pepper, for seasoning
- 2 teaspoon chopped chives, (2g)

Instructions

1. Preheat oven to 400°F (204°C).
2. Heat a large oven-proof skillet on a stovetop over medium heat.
3. Once hot, add the olive oil. When the oil is warm, add garlic and saute until fragrant, 30 seconds.
4. Add sliced fingerling potatoes and stir until coated with the oil.
5. Sprinkle in salt over the potatoes and stir to combine.
6. Transfer skillet to the center position in the oven.

7. Cook until the potatoes are lightly golden and fork tender, 20 to 25 minutes.
8. Season potatoes with black pepper and garnish with chives.
9. Place roasted fingerling potatoes in a large bowl and serve hot.

Miso Glazed Roasted Scarlet Turnips

From: <http://www.highgroundorganics.com/recipes/miso-glazed-roasted-scarlet-turnips/>.

1-2 bunches Scarlet, Tokyo, or Harukei turnips, trimmed of rootlet and leaves removed, leaving 1-inch or so attached for looks, washed thoroughly, cut in half through the stems

Neutral flavored oil such as avocado or grapeseed, as needed 1 cup, or as needed, [Miso Sauce for Glazing](#) (see recipe)

If sautéing greens-

Turnip greens, thick stems removed, greens torn or cut into wide shreds, washed thoroughly and drained

Oil as needed

If you wish (but go easy)

1 clove garlic, peeled and cracked

Ginger juice

A few drops of soy sauce

1-2 drops sesame oil

METHOD:

Heat the oven to 400°F. While the oven heats, line a sheet pan with foil and spray well with oil. Put the turnip halves into a bowl and drizzle with oil, tossing until well coated. Place the turnips, cut side down.

When oven is hot, place the sheet pan with the turnips on it in the center of the oven, or in the lower third. Roast until turnips are coloring and softening. This ought to take around 15-20 minutes. Check them, if the faces are golden-brown and blistering a little, use tongs to turn the turnips so the flat side faces up. Cook until the turnips are not raw at all, but not cooked soft. They should still retain a firmness to them, and be succulent, but hot through and golden and brown all over the outside. Remove the pan from the oven and add a little Miso Glaze to each face. Use a squeeze bottle for this or a 1-inch paint brush. Use a spatula or spoon to spread it over the surface of the turnip-you want a crust not less than 1/8th inch and not more than 1/4 inch. Turn on the broiler and move the shelf to the upper third of the oven. Cook until the glaze is golden and bubbling with brown spots here and there. The turnips are ready to serve. If using the tops, place the sautéed tops down and then put the glazed turnips on them. No tops? Just put the turnips on a platter and serve.

If using the tops; when the turnips go in the oven, place a 10-inch skillet over medium heat. When the pan is good and hot, film well with oil. When the oil is hot, tilt the pan so it pools near the handle and add the garlic clove. Cook gently until the garlic is golden all over, then discard the garlic clove. Add the turnip greens and gently wilt them, turning down the heat under the pan if need be to just wilt the greens. If you using sesame oil, just before adding the greens to the pan, add the sesame oil so amalgamates with the rest of the oil, then add the greens. Drizzle with soy sauce and ginger juice, gently turn in the oil and seasonings, and cook until greens are softened and just cooked through. Put onto a platter and keep hot for the turnips to top them.