



Riverdog Farm

November 27, 2017

# Riverdog Farm Veggie Box News

## Box Contents

1 ½ lbs Fuyu Persimmons  
(not certified organic)  
1 lb Pomegranates  
¾ lb Baby Red Romaine  
¾ lb Broccoli  
¾ lb Cauliflower  
1 bu Red Beets  
1 bu Carrots  
2 hds Mei Qing Choi

**Box Notes:** The broccoli and cauliflower crops are coming on strong. We would like to encourage members to eat the leaves! They are a nutrient packed, sweet (not bitter) green. The leaves boast a richer source of beta-carotene than the florets and contain loads of vitamin A, C and B-6. They cook much like kale or collards and can be used in place of traditional greens in any recipe.

The Fuyu Persimmons are grown by our neighbor Frank Espriella here in Guinda. He has spent over 20 years developing his specialty persimmon orchard. They are not certified organic but are grown without the use of synthetic fertilizers or pesticides. This type of persimmon can be eaten when firm, like an apple. No need to peel the skin.

Check payment for the December deliveries is due by **November 30th, 2017**.

Tuesdays: \$72  
Wednesdays: \$72  
Thursdays: \$72  
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:** The Sunday rain brought about ½ inch to the farm. It helped settle the dust and refresh the air. This is the time of year when we experience frosty nights after the storms clear. The tomatoes and peppers are officially done due to the cold nighttime temperatures. There are only 4 weeks of harvest until the farm is closed for the last week in December. We will be harvesting brassica crops, carrots, and bunched greens. The garlic is planted. It's over-wintering. Green garlic and asparagus will be here sooner than we realize, starting sometime in March.

## Riverdog Farm Holiday Delivery Schedule:

The farm will be closed from Sunday December 24<sup>th</sup> - January 1<sup>ST</sup> for our annual holiday break. There will be no CSA deliveries 12/24/17-1/2/18. Deliveries will resume on Wednesday 1/3/18. ***Napa Fatted Calf members, your first box of the New Year will arrive on Thursday 1/4/17. Please make a note of the December Holiday delivery schedule on your calendar.***

## Holiday Hams are available for reservation on the web store!

**Limited availability. Please specify desired weight and delivery date at check out. Hams are \$10/lb and require a \$15 deposit.**

Riverdog hams are smoked over apple and alder wood chips by Roundman's Smokehouse in Fort Bragg. They range from 3.5 to 10 lbs and contain no added nitrates. Our certified organic hogs live on 50 acres of organic pasture and enjoy an all organic diet that consists of our vegetable culls, Cowgirl Creamery whey, Three Twins Ice Cream, foraged black walnuts, acorns, grasses, farm grown grains and certified organic feed. Riverdog Farm hogs are certified organically raised animals by CCOF. Our meat is processed at non-certified organic USDA facilities therefore, the pork is not certified organic.

## Black Rice and Broccoli with Almonds

From: <https://www.marthastewart.com/1086726/black-rice-and-broccoli-almonds?printview>

### Ingredients:

1 cup black rice  
1 pound broccoli, cut into small florets, stems peeled and cut into 1/4-inch-thick slices (RDF NOTE: Use cauliflower and broccoli leaves! They are a delicious and nutritious addition to any recipe that uses broccoli, cauliflower or kale.)  
3 cloves garlic, unpeeled  
4 tablespoons extra-virgin olive oil  
3/4 teaspoon coarse salt  
Freshly ground pepper  
1 teaspoon Dijon mustard  
2 tablespoons red-wine vinegar  
1/3 cup sliced almonds, toasted  
1 cup lightly packed fresh flat-leaf parsley leaves  
2 scallions, thinly sliced

### Instructions:

1. In a heavy-bottomed medium pot, bring rice and 1 3/4 cups water to a boil. Reduce heat to maintain a simmer, cover, and cook until rice is tender and water is absorbed, about 35 minutes. Remove from heat; let stand 10 minutes. Transfer to a serving bowl. Let cool slightly.
2. Meanwhile, preheat oven to 425 degrees. On a rimmed baking sheet, toss broccoli (with leaves! They will get crispy and delicious) and garlic with 2 tablespoons oil. Season with 1/4 teaspoon salt and pepper. Roast, stirring once, until tender, about 20 minutes. Remove and reserve garlic; transfer broccoli to bowl with rice.
3. Remove garlic from skins. Place in a small bowl; mash. Whisk in mustard, vinegar, remaining 2 tablespoons oil, and 1/4 teaspoon salt. Drizzle over salad. Add almonds, parsley, and scallions; toss. Season with remaining 1/4 teaspoon salt and pepper.

## Sesame Soy Braised Mei Qing Choi

From: <http://prospectheightscsa.org/2012/09/12/sesame-soy-braised-mei-qing-choi/>

### Ingredients:

1 head (or 6-8 baby heads) Mei Qing Choy  
2 Tbs peanut oil  
1 Tbs grated ginger  
1 Tbs minced garlic  
1/2 cup chicken stock  
1 Tbs toasted sesame oil  
2 Tbs soy sauce

2 tsp rice vinegar  
1 tsp sugar  
Salt and pepper to taste  
2 Tbs sesame seeds

### Instructions:

Trim the root end off the Mei Qing Choy. Slice the leafy portions of the plant from the stalks. Chop both the leaves and the stalks, keeping the two piles separate. Heat very large, heavy skillet or wok until it looks hazy over the surface, 2-4 minutes. Add peanut oil and swirl it to coat the pan. Add bok choy stems; stir-fry about 5 minutes.

Add ginger and garlic and stir-fry briefly. Add Mei Qing Choy greens, chicken stock, sesame oil, soy sauce, rice vinegar, sugar, and salt and pepper to taste. Cover; reduce heat to medium-low, and cook until bok Choy is tender and glazed with sauce, 5-8 minutes.

Remove cover, sprinkle with sesame seeds, increase heat to medium-high, and cook until excess liquid evaporates, 2-3 minutes. Adjust seasonings to taste.

## Chicken Salad with Apple, Pomegranate and Beets

From: <https://www.marthastewart.com/957741/chicken-salad-apple-pomegranate-and-beet?printview>

### Ingredients:

2 bone-in, skin on chicken breasts (about 1.5lbs)  
Salt and pepper  
1 tablespoon orange zest plus 1/2 cup orange juice  
2 tablespoons extra-virgin olive oil  
1 bunch cooked beets, thinly sliced  
5 ounces baby arugula or mixed greens (5 cups)  
~RDF NOTE: Sun Baby Red Romaine  
2 red apples, quartered, cored, and thinly sliced  
1 cup pomegranate seeds

### Instructions:

1. In a medium pot, combine chicken and enough water to cover by 1 inch; season with salt. Bring to a simmer over medium-high, and then reduce heat to a low simmer and cook chicken until cooked through, 18 to 20 minutes. Transfer chicken to a plate and let sit until cool enough to handle. Remove skin and bones and thinly slice.
2. Meanwhile, whisk together orange zest and juice, and oil; season with salt and pepper. Arrange beets on a large platter. Top with greens, chicken, apples, and pomegranate seeds. Drizzle with orange dressing.