



Riverdog Farm

December 4, 2017

Riverdog Farm Veggie Box News

Box Contents

1-½ lbs. Fuyu Persimmons
(not certified organic)
2 hds Batavian Lettuce
1 bu Gold Beets
1 lb. Broccoli
1 Butternut Squash
½ lb. Loose Spinach
1 bu Purple Carrots
1 bu Rapini

Box Notes: Before the 17th century almost all cultivated carrots were deep purple, almost black or yellow. Purple carrots provide many of the same health benefits as orange carrots but offer some additional nutritional benefits due to their high concentration of anthocyanins. Anthocyanins are flavonoid pigments that give many blue, purple, and black vegetables and berries their intense hues and strong antioxidant rich immune-boosting properties. Learn more by going to our source: <http://www.healwithfood.org/health-benefits/purple-carrots-nutrition-vs-orange-cultivars.php#ixzz50Kz5Xfr0>

The Fuyu Persimmons are grown by our neighbor Frank Espriella 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:

4th Quarter
October / November /
December:
Tuesday/Wednesday/Thursday/
Friday subscribers: **\$288**

To view the 2017 payment schedule visit:

[2017 Payment Schedule](#)

Field Notes: Dry weather is forecasted until December 14, 2017. During this time, we will continue to prepare ground for spring planting and cultivate the winter crops. This is also the time of year when we direct seed cover crops to build soil fertility and plant triticale that we harvest in June for the livestock feed.

Riverdog Farm Holiday Delivery Schedule:

The farm will be closed from Sunday December 24th - January 1ST 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.***

The farm will not be at the Berkeley Farmers markets on Tuesday December 26, Thursday December 28 and Saturday December 30. We will be skipping the Sunday markets in Sacramento on December 24 and December 31, 2017. We **will** be at the Berkeley Farmers Market on Saturday December 23, 2017 and Tuesday January 2, 2108. Happy Holidays!

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.

Chicken and Rapini Stromboli

From: <https://www.saveur.com/article/recipes/chicken-and-broccoli-rabe-stromboli>

Most stromboli recipes call for pizza dough, but the secret to the crispy crust on this baked roll is Italian bread dough. Our version is adapted from one served at Philadelphia's Romano's Pizzeria.

For the Dough

1 ½ cups water, heated to 115°
2 tsp. sugar
1 (¼-oz.) package active dry yeast
1 tbsp. vegetable shortening
2 ½ cups bread flour, plus more
2 tsp. kosher salt

For the Filling

Kosher salt and freshly ground pepper, to taste
12 oz. boneless, skinless chicken breasts
⅓ cup olive oil, plus more
2 tsp. dried oregano
4 cloves garlic, minced
1 bunch Rapini (about 12 oz.), tough stems trimmed
½ tsp. crushed red chile flakes
2 cups shredded mozzarella
16 jarred sweet cherry peppers, stemmed, seeded, and cut into ½" strips
3 oz. thinly sliced provolone
Marinara sauce, heated, for serving (optional)

Make the dough: Place water, sugar, and yeast in the bowl of a stand mixer fitted with a hook; let sit until foamy, about 10 minutes. Add shortening, then flour and salt. Mix on low speed until dough forms; increase speed to medium-high and knead dough until smooth, 8–10 minutes. Cover with plastic wrap; let sit in a warm place until doubled in size, 1 ½–2 hours.

Make the filling: Heat oven to 350° and bring a 4-qt. saucepan of salted water to a boil. Rub chicken with 3 tbsp. oil, the oregano, half the garlic, salt, and pepper; place in a 9" x 13" baking dish. Bake until almost cooked or an instant-read thermometer inserted into the thickest part of the chicken reads 140°, 16–18 minutes. Let cool; cut into 1" pieces. Add rapini to boiling water; cook until just tender, 1–2 minutes. Transfer to an ice bath and drain; roughly chop and spread onto paper towels to dry. Heat remaining oil and garlic in a 12" skillet over medium-high heat. Cook rapini and chile flakes until golden, 3–4 minutes.

Assemble the stromboli: Increase oven to 425°. Place dough on a greased baking sheet; using greased fingers, press dough into a rectangle about ¼" thick. Sprinkle mozzarella lengthwise down the center. Top with chicken, rapini, peppers, and provolone. Tuck short sides of dough over filling; fold long sides, overlapping, over filling. Pinch to seal and roll so seam is on the bottom. Bake until puffed and golden, about 1 hour. Let cool slightly; slice and serve with marinara, if you like.

Other great Rapini recipes can be found here:

<https://www.saveur.com/article/collection/broccoli-rabe-recipes>

Golden Beet and Purple Carrot Salad with Yogurt and Coriander

From: <https://www.freshcityfarms.com/recipes/golden-beet-and-purple-carrot-salad-with-yogurt-and-coriander>

1-cup walnuts (halved)
1 tablespoon grape seed or vegetable oil
2 teaspoons sugar
½ cup Greek yogurt, 2%
2 tablespoons apple cider vinegar
1-teaspoon natural liquid honey
¼-teaspoon ground coriander
1 lb. carrots, bunched (scrubbed and very thinly sliced on a mandoline)
2 medium beets, loose (scrubbed and very thinly sliced on a mandoline)
1 small shallot or 2 scallions (thinly sliced)
salt and pepper

Preheat oven to 375°. Toss walnuts and oil on a rimmed baking sheet. Bake until walnuts are lightly toasted and fragrant, 6-8 minutes. Immediately sprinkle with sugar and season with salt and pepper; toss to coat. Let cool.

Whisk yogurt, vinegar, honey, and coriander in a small bowl. Season with salt and pepper. **DO AHEAD:** Dressing can be made 1 day ahead. Cover and chill.

Place thinly sliced carrots in a colander set in a bowl of ice water. Let sit until carrots start to curl, about 2 minutes. Lift colander from water and drain carrots well; pat dry.

Combine carrots, beets, scallions, and dressing in a large bowl and toss to coat. Divide among plates; sprinkle with walnuts.

Palakoora Vepadu (Andhra-Style Sautéed Spinach)

From: <https://www.saveur.com/article/recipes/palakoora-vepadu-andhra-style-saut%C3%A9ed-spinach>

¼ cup canola oil
1 tsp. cumin seeds
¼ tsp. fenugreek seeds
12 fresh or frozen curry leaves
9 cloves garlic, 3 halved lengthwise, 6 minced
1 yellow onion, minced
1 tsp. ground coriander
1 tsp. red chile powder, such as cayenne
½ tsp. ground turmeric
1 (2") piece ginger, peeled and grated
Kosher salt, to taste
3 lb. baby spinach

Heat oil in a 12" nonstick skillet over medium-high. Cook cumin seeds until they pop, 1–2 minutes. Add fenugreek seeds, curry leaves, and halved garlic; cook until fragrant, about 1 minute. Add onion; cook until golden, 10–12 minutes. Add minced garlic, the coriander, chile powder, turmeric, ginger, and salt; cook until garlic is golden, 2–3 minutes. Stir in spinach; cook until wilted and slightly dry, 6–8 minutes.