



Riverdog Farm

December 10, 2018

Riverdog Farm Veggie Box News

Box Contents:

2 lbs Fuyu Persimmons
(not certified organic)
OR
1 Butternut Squash
1 bu Rapini
1 bu Scarlet Queen Turnips
1 ½ lbs Yellow Finn Potatoes
1 bu Red Beets
1 bu Spinach
1 lb Red Napa Cabbage

**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. We are at the tail end of the persimmon harvest so your veggie box may have either the persimmons OR a butternut squash.

Field Notes: We've had the most optimal Autumn weather recently. The days have been sunny and warm in the 60s and the nighttime temperatures have been chilly with light frosts landing most nights which greatly enhances the sweetness of the crops in the ground.

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

Sauteed Rapini

From: <https://www.christinascucina.com/sauteed-rapini/>.

- one bunch of rapini, washed and trimmed (do not remove the stalks entirely, just tips)
 - 2 or 3 tbsp extra virgin olive oil
 - 2 large or 3 smaller cloves of garlic
 - 2 or 3 tbsp of water
 - salt, preferably Kosher or sea salt
 - (optional: crushed red pepper flakes, or fresh/dried cayenne pepper)
1. Put the oil, garlic and pepper in a frying pan over medium high heat. Cook until garlic just starts to brown.
 2. Add the rapini (cut in half if the bunch is really long) along with the water.
 3. Turn the greens quickly, then cover and sauté for a few minutes, occasionally turning. Add salt to taste. Lower the heat, if necessary.
 4. Don't overcook the rapini, the stalks should still be a bit firm/crunchy when done; after 5 or 6 minutes is probably when I would first check to see if it's ready. The best way to check is to taste a piece (and check for salt too.)
 5. Remove from heat when ready.

Jamie's Cranberry Spinach Salad

From: <https://www.allrecipes.com/recipe/14469/jamies-cranberry-spinach-salad/print/?recipeType=Recipe&servings=8&isMetric=false>.

- 1 tablespoon butter
 - 3/4 cup almonds, blanched and slivered
 - 1 pound spinach, rinsed and torn into bite-size pieces
 - 1 cup dried cranberries
 - 2 tablespoons toasted sesame seeds
 - 1 tablespoon poppy seeds

 - 1/2 cup white sugar
 - 2 teaspoons minced onion
 - 1/4 teaspoon paprika
 - 1/4 cup white wine vinegar
 - 1/4 cup cider vinegar
 - 1/2 cup vegetable oil
1. In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool.
 2. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar,

cider vinegar, and vegetable oil. Toss with spinach just before serving.

3. In a large bowl, combine the spinach with the toasted almonds and cranberries.

Red and Napa Cabbage Salad with Braeburn Apples and Spiced Pecans

From: <https://www.epicurious.com/recipes/food/views/red-and-napa-cabbage-salad-with-braeburn-apples-and-spiced-pecans-236884>.

- 2 teaspoons butter
- 1 cup pecan halves
- 2 tablespoons golden brown sugar
- 1 tablespoon Worcestershire sauce
- 1/8 teaspoon (scant) cayenne pepper
- 2 tablespoons seasoned rice vinegar*
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1/4 cup olive oil
- 2 medium unpeeled Braeburn or Fuji apples, quartered, cored, thinly sliced crosswise
- 2 tablespoons fresh lemon juice
- 3 cups thinly sliced red cabbage
- 2 cups thinly sliced Napa cabbage
- 3/4 cup dried tart cherries (about 5 ounces)

**Also known as sushi vinegar; available in the Asian foods section of supermarkets and at Asian markets.*

1. Melt butter in nonstick medium skillet over medium-high heat. Add pecans and stir 1 minute. Add brown sugar, Worcestershire sauce, and cayenne; stir until nuts are coated, about 1 minute. Transfer nuts to foil sheet and cool.
2. Whisk both vinegars and mustard in small bowl. Gradually whisk in oil. Season dressing to taste with salt and pepper. **Do ahead** *Spiced pecans and dressing can be made 1 day ahead. Store pecans airtight at room temperature. Cover and chill dressing; bring to room temperature and rewhisk before using.*
3. Toss apples with lemon juice in large bowl. Add cabbages and dried cherries; mix. Add dressing and toss. Stir in pecans and season salad with salt and pepper.