

Riverdog Farm Veggie Box News
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September 14, 2009
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Box Contents:

1½ lbs Table Grapes
1 lb Summer Squash
1-2 Globe Eggplant
1 lb Sweet Peppers
1 bu Tokyo Turnips
1 bu Basil
1 bskt Cherry Tomatoes

Field Notes: Thick, dark clouds blew in from the west on Saturday morning, bringing cooler weather and a small amount of rain that cleared the smokiness. The fall and winter crops are thriving in these cooler conditions. Cabbage, bunched greens, and lettuce transplants are in the ground steadily increasing in size. We've started harvesting the winter squash. The smaller, earlier varieties are Delicata and Acorn Squash. These will likely make their first appearance in your veggie box by the end of September. Soon the barn in Brooks will be full to the brim with 300, 400, maybe even 500 bins of squash. These are the white plastic 4' x 4' x

3' macro bins that, when stacked 4-5 high, create an enticing jungle gym and 20' high perch for our 14 year old daughter Cassidy. Her favorite activity on the farm is scaling, like a lizard, up the tall stack of interlocked, empty bins to get a bird's eye view of the farm and valley. She spends hours at the top of the perch, nestled into the bin on the top of the stack with her friends hidden from the people milling about down at ground level.

Box Notes: The table grapes are from Full Belly Farm (certified organic by CCOF) located about 1 mile north of Riverdog in Guinda. The varieties are an assortment of Red Flame, Thompson Seedless, and others, some with seeds. New this week: the beautiful, mild Tokyo Turnips. Both the tops and roots are delectable. Prized by some of our Iranian farmers market customers for its cold curing powers, the turnip with its tops is known for being high in vitamins A & C. Steam the tops until wilted and then sprinkle with salt and lemon juice for a flavorful taste of greens.

Riverdog Farm Pumpkin Patch Party: Sunday October 18, 2009, 1:00 to 5:00 pm.

Visit the land where your food comes from. Come to the farm for a hayride around the fields, pumpkin picking, and to share a meal under the old walnut trees. More details to come. Please RSVP via email: csa@riverdogfarm.com to let us know how many will be attending.

Hoes Down Harvest Festival!

Saturday October 3, 2009 from 11:00 am to 11:00 pm at Full Belly Farm in Guinda. This fun event to celebrate rural living is down the road from Riverdog Farm.

For more information go to www.hoesdown.org. The Saturday event costs \$20.00 for adults & \$5.00 for children ages 2-12. Children under 2 are free! On Sunday October 4, 2009 there will be several farm-related workshops such as Meet your Meat, The Chicken and Egg, Olive Oil 101, and Home Brewing. The Sunday workshops require pre-registration. To defray the admission cost to the Saturday event, volunteer opportunities are available.

Payment Reminder: The veggie box price is \$20 per week. Fourth Quarter / October payment is due by September 25, 2009.

Monthly payment for four **Wednesday** deliveries in October is \$80.

Monthly payment for five **Thursday / Friday** deliveries in October is \$100.

Quarterly payment for 11 weeks of **Wednesday** deliveries from October through the third week in December is \$220.

Quarterly payment for 12 weeks of **Thursday / Friday** deliveries from October through the third week in December is \$240.

If you have any questions about your account status, please email us at csa@riverdogfarm.com or call (530) 796-3802.

Please check the "Ordered-Through" column on the sign-out sheet. If the printed date in the column is earlier than the end of the month, your payment for the remainder of the current month is due by the printed date. Without timely receipt of payment, deliveries might be interrupted.

We don't advertise our CSA program. We currently have space for additional subscribers. Endorsement from members who enjoy our service is the best advertisement we could ever hope for! If you like what we do and know folks who would enjoy receiving our weekly veggie box deliveries, please have them give us a call, send us an email, or visit our website: www.riverdogfarm.com.

Baked Eggplant with Feta Cheese and Tomatoes

From: <http://capayvalleyfarmshop.com/farmnews/baked-eggplant-with-feta-cheese-and-tomatoes/>

Modified from Vegetarian Cooking for Everyone by Deborah Madison

4 oblong eggplants, about 5 ounces each [Slice the globe into ½ inch thick rounds-RDF]

About 1/3 cup olive oil

Salt and freshly milled pepper

4 ripe tomatoes, peeled, seeded, and chopped

2-3 ounces feta cheese

½ teaspoon dried oregano

Preheat the oven to 375 F. Slice each eggplant lengthwise in half and score the cut sides in a crisscross pattern.

Heat 3 tablespoons of the oil in a large skillet. Add the eggplant, cut sides down, and fry over medium-high heat until golden. Fry the second sides for a few minutes, then remove to a plate and season with salt and pepper. Wipe out the pan.

Heat 1 tablespoon fresh oil in the skillet, add the tomatoes, and cook over medium-high heat until they have broken down into a chunky sauce, 5-10 minutes. Season with salt and pepper to taste.

Set the eggplants, cut sides up and snugly side by side, in a baking dish. Crumble the cheese over the tops, spoon the tomato over the cheese, and sprinkle with the oregano. Cover and bake until the eggplant is tender, about 40 minutes. Uncover and bake 5 minutes more.

Butter Braised Turnips

From: <http://gardenofeatingblog.blogspot.com/2009/01/eatwell-recipe-2-butter-braised-new.html>

Adapted from How To Cook Everything by Mark Bittman

2 tablespoons butter

1 tablespoon olive or other neutral oil

1 pound baby turnips, more or less, with the greens trimmed off (if the turnips you're dealing with are a little larger, cut them into quarters)

Sea salt and freshly ground black pepper to taste **¼ cup white wine or broth**

1 Tablespoon balsamic vinegar or other vinegar **1 teaspoon sugar**

Minced fresh parsley leaves for garnish

Combine the butter and oil in a medium to large skillet that can later be covered; turn the heat to medium. When the butter melts, add the turnips and cook, stirring, until they are coated with butter, just a minute or two longer. Season with salt and pepper.

Add the remaining ingredients, except the garnish, stir, and cover. Turn the heat to low and cook until the turnips are barely tender, about 5 minutes.

Uncover and raise the heat to medium-high. Cook, stirring, until the turnips are glazed and the liquid is syrupy, another few minutes. Taste and adjust seasoning, garnish, and serve.