

**Box Contents:**

2 Delicata Squash  
1 bu Scarlet Queen Turnips  
1 lb Sweet Peppers  
1 ½ lbs Yellow Finn  
Potatoes  
1 bu Curly Kale  
1 lb Sweet Peppers  
1 bu Italian Parsley  
1 Melon  
1 Cucumber

**Field Notes:** Low temperatures this week have slowed down the summer crops but have livened up the winter crops. We harvested our first green cabbage to check it for readiness. The cabbage should be appearing in your box before the end of October. We also harvested a sample of spinach and we're hoping to include it in your box in the next few weeks as it sizes up. You'll be noticing a shift from the red and orange colors of summer to the subtle shades of green from the fall and winter crops.

Strong north winds have been blowing hard this week and continue today. On Saturday the harvest crew finished early due to the fierce, cold winds. Windy days means longer irrigation sets. Let's hope for less wind in the weeks ahead.

**Box Notes:** Turnips are back! Even those who think they don't like the taste of turnips may become turnip lovers. The Scarlet Queen variety is a mild, sweet turnip that can be steamed, braised, roasted, or grated raw in salads. It doesn't need to be peeled, as its outer skin is still tender. The turnip greens are also tasty. Cook them like spinach. Rinse them well in a water bath, then steam or sauté with garlic and caramelized onions and a squeeze of fresh lemon. The new Camino Restaurant in Oakland – [www.caminorestaurant.com](http://www.caminorestaurant.com) - is serving the scarlet queen turnips from our farm with grilled duck. The sweet peppers this week are a combination of flat, lobed pimientos and red bells. Like the turnip greens, the curly kale is best steamed or sautéed. Chopped kale is also delicious in a potato soup. Pimientos are known for their concentrated sweetness and thick walls. They are the type of pepper used to stuff olives. Yellow Finns are the classic European deep yellow-fleshed potato with a unique sweet buttery flavor and a moist and firm flesh. Hope you enjoy your flavor-packed box this week!

**Pumpkin Patch Party at Riverdog Farm! Sunday October 26, from 1 to 5 pm.**

Come visit the farm and harvest jack-o-lanterns! The farm will provide pumpkin pies, ice cream, drinks, and a hayride. Bring a potluck dish to share. Come see the pumpkin plants that many of you planted in the spring. A special appearance by jazz band "Linda Deering Cortet" will entertain us during the meal from 1pm to 3pm. Please RSVP by email and provide how many will be joining us!

**Directions to the party: 11095 Hwy 16, Brooks, 95606.**

- ❖ **From the Bay Area:** take I-80 east to I-505 north. Take Hwy 16 west exit, towards Esparto, and continue on Hwy 16 to Brooks, see directions from Madison.
- ❖ **From Napa:** take Hwy 12 west to 80 east; take I-505 north to Hwy 16 west. See directions below from Madison. Alternately, take Hwy 128 to Winters (a beautiful drive). At the 4-way stop sign in Winters, turn left onto County Road 89, and follow to Highway 16--turn left at the stop sign (Guy's Gas/Mini Mart on left.) onto Hwy 16, going west. Follow directions from Madison.
- ❖ **From Sacramento/Davis:** take I-5 north to Woodland and get on Hwy 16 west. It is the last Woodland exit. Follow Hwy 16 west to Madison and follow the directions from Madison.
- ❖ **From I-505/Madison:** It takes about 20 minutes to get from Madison to the farm. Go west on Hwy 16 through the towns of Madison, Esparto, Capay, past Cache Creek Casino and past the Brooks Post Office and CDF Station. Our driveway is one mile past County Road 71 (County Roads count down as you head west), on the right hand (east side). You will see a pumpkin party sign by the entrance to the farm. **If you're lost, call: 530-320-1608.**

**Box Price Increase for 2009:** The weekly veggie box price will increase to \$20.00 starting January 5, 2009. We encourage subscribers to make an annual payment of \$950.00 for 50 deliveries in 2009 to receive a discount of \$1 per week. The \$950 total reflects a \$50 discount. The decision to increase the box price is based on several factors. It's been three years since we adjusted our box price; the last veggie box price increase happened in 2005. Additionally, the rise in cost of production, such as wages and the price of fuel, over the past year and a half are pushing food prices up. Our commitment is to provide a veggie box that is mutually beneficial to you and to the farm. How do we determine the box contents? We peg the value of a box item to its price at the farmers market. For example, the leafy greens bunches at the farmer's market are \$1.50 per bunch so that is the price we use to determine what will go into your box. The price adjustment will allow the farm to create a more full veggie box while defraying increasing costs.

**Payment Reminder: The November payment is due by October 31, 2008.**

The monthly payment for four **Wednesday / Thursday / Friday** deliveries in November is \$64.

We will deliver the week of Thanksgiving. Your delivery day may change for the holiday week. Stay tuned for schedule changes. They will be announced in early November.

***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 may be interrupted.***

**Pickling Cucumbers Available:** 20 lb case of pickling cucumbers available for \$30.00. Place your order by the Sunday prior to your delivery day. Please send payment for the case of cucumbers at the time of placing your order.

I was looking for a recipe for stuffed cabbage rolls this week and bumped into a great how-to food blog that can be found at [www.foodwishes.com](http://www.foodwishes.com). Chef John offers his recipes and videos of how to prepare the dishes he shares with a witty twist. I prepared the stuffed cabbage rolls recipe from this site and they were delectable. The dark green of the new outer cabbage leaves made these rolls glisten! Future newsletters may refer to recipes from this site.

### **Caramelized Turnips**

Recipe from: *Chez Panisse Vegetables* by Alice Waters

This recipe serves 4

Ingredients

8 small turnips

1-teaspoon olive oil

salt to taste

freshly ground black pepper

Cooking Instructions

1. Preheat oven to 425°F.

2. Turnips that are sufficiently young and tender need only be rinsed and dried before cooking; older purple-top turnips will need to be peeled. Cut the turnips into halves, or quarters if they are small. Big ones should be cut in half lengthwise and the halves sliced into wedges.

3. Toss the turnips in a bowl with the olive oil and salt and pepper. Spread them out in an even layer on a baking sheet and roast them for about 10 minutes, then toss them once (if tossed more frequently, they tend to break apart as they become tender).

4. Roast for 5 minutes more and check for doneness - depending on the water content of the turnips, they can take from 15 to 30 minutes. The turnips are done when they are fork tender and nicely caramelized (golden brown).