

**Box Contents:**

1 lb Early Girl and  
Heirloom Tomatoes  
1 lb Mixed Peppers  
½ lb Green Beans  
½ lb Young Bok Choy  
1 ½ lb Crimson Grapes  
(Capay Fruits & Vegetables  
certified organic by CCOF)  
1 Butternut Squash

**Field Notes:** We received almost ¾ inch of rain last week. Although this hastens the end of many summer fruits and vegetables, the much-needed water was welcomed in our valley. The rainy days and the slower pace of the week also gave a glimpse into the tranquil scenery of the fall and winter months, affording us a moment to catch our breath and reflect on what has been another bountiful summer. We now look ahead to the fall and early winter crops. Seeding and transplanting continue for root vegetables, greens, and lettuces, and we wait to harvest broccoli, cauliflower, and braising greens in the coming weeks. I'll take this moment

to thank all of you who have returned signed copies of the advocacy letter. We will be collecting them through the month of October. If you need a copy of the advocacy letter, it is posted on the homepage of our website: [www.riverdogfarm.com](http://www.riverdogfarm.com)

**Riverdog Farm's Pumpkin Patch Party: Sunday, October 28, 1:00 – 5:00 pm.**

Join us for a low-key, kid friendly potluck picnic and explore our farm. We'll provide pumpkin themed foods such as pumpkin ice cream, pumpkin bread, and of course, pumpkin pies. We'll also have a pumpkin carving station and hayrides for the youngsters. So bring your favorite dish to the feast and enjoy a Sunday afternoon with us! This is a free event. *RSVP by phone or email.* Please provide your name and let us know how many will be attending.

**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, goin' west. Follow directions from Madison.
- ❖ **From Sacramento**, 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 is 20 minutes 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 exactly one mile past County Road 71 (County Roads count down as you head west), on the right hand (east side). You will see pumpkins in the field by the entrance to the farm. **If you're lost call: 530 320 1608.**

**Box Notes:** The delicate, white-stemmed greens are young bok choy. It is very tender, and the stalks can be steamed whole for just a couple of minutes. Butternut squash! In my opinion, no squash is sweeter. I tend to separate the "hips" of the squash from the meaty top portion. The flesh is thinner around the seed cavity and bakes more quickly than the top of the squash. The Crimson grapes are sweet, seedless, and come from our friends at Capay Fruits & Vegetables (certified organic by CCOF). Enjoy the tomatoes, peppers, and green beans as we make our way through the last stretch of summer crops. Good eats, everyone!

**Beans with Tomatoes** from *The World In Your Kitchen* by Troth Wells

"Allspice used here, is so called because it combines the flavor of several spices. Known also as pimento, it comes from the dried unripe fruits of a small evergreen tree found in the Caribbean and Central America. This is a typical Middle Eastern dish." TW

**1 small onion, finely chopped**  
**1/4-teaspoon allspice**  
**2 tomatoes, chopped**  
**1 teaspoon oil**

**1/2 pound green beans**  
**1/4-teaspoon ground cumin**  
**1/2 cup plain yogurt**  
**salt and pepper**

- 1.) Heat the oil and sauté the onion. Then put in the beans, allspice, cumin and seasoning. Reduce the heat, cover the pan and cook five minutes or so.
- 2.) After this, remove the cover and throw in the tomatoes. Continue to cook until they are tender. Serve with yogurt.

**Peperonata** from *Moosewood Restaurant Cooks at Home* by The Moosewood Collective

"Serve on toasted bread or grilled polenta, over pasta with a piquant cheese such as ricotta salata, as a vegetable side dish or relish, mixed with steamed green beans, on a baked potato, with hard-boiled eggs as a salad, or as a quesadilla filling. It's wonderful in frittatas; and then you can use the leftover frittata in a sandwich!" MC

**1 lb peppers-mixed colors**  
**2 tablespoons olive oil**  
**2 tablespoons red wine vinegar**  
**1 teaspoon sugar (optional)**

**2-3 white onions**  
**2 fresh tomatoes**  
**salt and ground pepper to taste**

Slice the peppers and onions lengthwise into strips. Heat the oil in a large skillet or saucepan. Add the peppers and onions and sauté on medium heat, stirring frequently, for about 10 to 15 minutes, until tender and lightly browned.

While the vegetables sauté, chop the tomatoes. Stir the tomatoes and vinegar into the peppers and cook for about 5 minutes more, until the liquid has evaporated. Add salt and pepper to taste. Add sugar if desired.

Serve hot or at room temperature. Covered in the refrigerator, Peperonata will keep for about a week. Allow it to come to room temperature before serving.

**Provençal Winter Squash Gratin** from *Vegetarian Cooking for Everyone* by Deborah Madison

**2 to 2 1/2 pounds butternut squash**  
**5 garlic cloves, finely chopped**  
**1/2 cup chopped parsley**

**Salt and freshly milled pepper**  
**3 tablespoons flour**  
**Extra virgin olive oil**

Preheat the oven to 325°F and oil a shallow earthenware baking dish. Peel the squash and cut it into even-sized cubes, from 1/3-inch to 1-inch. Toss it with the garlic, parsley, salt, and pepper. Add the flour and toss again until the pieces are coated lightly, letting the excess fall to the bottom. Pile the squash into the dish and drizzle oil generously over the top. Bake, uncovered, until the squash is browned and tender when pierced with a knife, about 2 hours. When served, the individual pieces will collapse into a puree.