

Riverdog Farm Veggie Box News

PO Box 42 Guinda, CA 95637

(530) 796-3802

October 17, 2011

www.riverdogfarm.com

csa@riverdogfarm.com

Box Contents:

1 bu Basil
1 bu Rapini
1 lb Onions
1½ lbs Turnips
1 bu Thyme
1 Butternut Squash
½ lb Mei Qing Choi
1 lb Green Beans
1 lb Summer Squash
¾ lb Sweet Peppers

November Payment is due by October 28, 2011:

We will deliver the week of Thanksgiving. Veggie boxes normally delivered on Thursday and Friday will be delivered earlier in the week. Details to follow in coming newsletters.

November payment for five **Wednesday** deliveries is \$100.

November payment for four **Thursday/Friday** deliveries is \$80.

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 date. Without timely receipt of payment, deliveries may be interrupted.

Special Bulk Offers

Almond Butter:

2 jars for \$24

Please email or call us to place your order by the Friday before your delivery day. Please mail your payment to our address when you place the order.

Field Notes: Fall is in the air with heavy morning dew and chilly nighttime temperatures in the low 50s. Direct seeding of beets, carrots, garlic cloves, and turnips along with transplanting of broccoli, cabbage, and lettuce are happening at a steady pace. The soil conditions are perfect for working up the fields into beds for planting. We are also preparing to finish the pepper harvest, pull out the drip tape, till in the plant matter, and plant winter cover crop to enrich the soil via nitrogen-fixing plants. This is also the time of year when we plant fava beans. Hope to share the beauty of fall on the farm with you this Sunday!

Riverdog Farm Pumpkin Party

Sunday October 23, 2011 1:00 pm to 5:00 pm. Come to the farm to harvest a pumpkin, have a picnic, eat ice cream, and enjoy a hayride tour to see the crops and hogs. Please bring a potluck dish to share along with your own plates and eating utensils. Non-alcoholic beverages will be provided. Directions and address can be found on our website and in future newsletters: www.riverdogfarm.com. Hot-off-the-press Riverdog Farm t-shirts will be available for purchase as well as our limited edition almond butter. RSVP with the number attending to csa@riverdogfarm.com. Heavy rain will cancel the event. If it's raining Sunday morning or you get lost finding the farm, please call: (530) 320-1608. Please bring a map/directions as cell phone reception is spotty in the Capay Valley.

Box Notes: Lots of new fall produce in the recent veggie boxes. This week the featured vegetable is Rapini, the first harvest of one of our best restaurant (Pizzaiolo in Oakland) customer's favorite bunching green. Known for its slightly bitter flavor, rapini can be cooked the same way you cook spinach, kale or chard. Add a bit of lemon or vinegar and salt to offset the stronger taste. Rapini is a great compliment to polenta. The turnips are delicious roasted with fresh thyme, olive oil, and salt at 375 degrees for about 30 minutes until soft.

Butternut Squash Pie from <http://www.seriousseats.com/recipes/2011/09/butternut-squash-pie-recipes.html>

4 cups roasted butternut squash, cooled

4 ounces sweetened condensed milk

1 egg

3 egg yolks

1/3 cup dark brown sugar

¼ teaspoon cinnamon

¼ teaspoon freshly grated nutmeg

1 teaspoon ground ginger

Pinch of salt

Whipped cream or marshmallows (optional)

Prepare the squash. Fill a deep pan with ½ inch of water. Quarter the butternut squash and scoop out the seeds. Place the squash pieces inside up in the water. Cover the top tightly with foil and roast at 400 F for 45 minutes to 1 hour, until the flesh is fork-tender. Be careful when removing the foil, the steam can burn you.

Make the filling. Preheat oven to 350 F. Allow the squash to cool, scrape from the skins, and place 4 cups of squash flesh in the bowl of the food processor with the sweetened condensed milk. Puree in the food processor for 3 minutes, stopping frequently to scrape down the sides.

