

Riverdog Farm Veggie Box News
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Box Contents:

1 Pomegranate
1 Melon
1 bu Scarlet Queen Turnips
1 lb Green Beans
3-4 Baby Lettuces
1 bu Red Russian Kale
2 Delicata Squash

Field Notes: We enjoyed a whopping 2.7 inches of rain last Tuesday for the first storm of the year. The wind caused power outages in the north end of the valley. We were without power from the grid for several hours in the afternoon but set up generators to run our office and packing shed equipment. There may be times during the winter months when we experience power outages so we will momentarily not be able to answer phones and email. Please remember this during times of inclement weather if you're trying to reach the farm. Just try a little later. Thank you very much to all who were able to attend the

annual Pumpkin Party on Sunday! We had a marvelous time tasting all of the delicious potluck dishes, meeting many of you for the first time, listening to the "Linda Deering Cortet" play jazz, barbecuing ribs and sausage, tootling around the farm, harvesting young carrots, gathering pumpkins, and eating lots of Three Twin Ice Cream despite the cloudy, cool weather. Hope to see those who couldn't attend next year!

Box Notes: The pomegranate in this week's box is from Short Night Farm (certified organic by CCOF) in Dunnigan. Pomegranates are a sweet-tart fruit with chewable seeds covered with gems of deep red juiciness. The seeds can be munched whole or chewed delicately and then the inner, somewhat crunchy seed can be discarded. The juicy seeds are great raw, sprinkled on a lettuce salad with candied walnuts or pecans, added to yogurt for breakfast, or squeezed in a hand-press juicer for a potent dose of pomegranate juice. One of my favorite jams is pomegranate jam. It's worth the effort squeezing the juice out of the somewhat stubborn fruit to extract the liquid, add sugar, and transform it into a thickened spreadable treat for toast. Of course, you'll need a whole case of pomegranates and a spare Sunday morning to pursue the jam making project. I highly recommend making pomegranate jam – it makes a beautiful holiday gift. Your box is greening up this week with our recent cool, wet weather. The Scarlet Queen Turnips are wonderful roasted with other roots. The turnip greens cook quickly and shrink in volume when cooked. Red Russian Kale is a mild green that can be steamed or braised. Delicata squash is probably the sweetest squash we grow. Slice in half lengthwise, scoop out the seeds, bake in a glass dish with the seed cavity facing down at 350 degrees for about 30 minutes until soft to the poke of a fork. The delicata squash needs no supplemental sweeteners.

Riverdog Farm Pork Shares & Sausages: We have bulk cases of assorted pork cuts and sausages.

Pork Sausages: 10 lbs of assorted styles is \$65

Pork Shares: bulk case (ranging from 15 to 20 lbs) of assorted cuts is \$7 per pound

Email csa@riverdogfarm.com with any questions or to request a list of pork shares. Visit our *Hog Blog* (riverdoghog.blogspot.com) to view photos of our pigs.

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

We will deliver the week of Thanksgiving. That week, boxes normally delivered on Thursdays & Fridays will be delivered on Tuesday, November 24.

Monthly payment for four weeks of deliveries in November 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 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.

Roast Squash, Pomegranate, and Pecan Salad

From <http://desertcandy.blogspot.com/2006/12/roast-squash-pomegranate-and-pecan-salad.html>

Adapted from *Gourmet* Nov. 2004

1 small acorn squash [OR any other variety of squash you have on hand-RDF]

1 head curly lettuce, frisee, or chicory

1 cup pecan halves

¼ cup pomegranate seeds

For dressing:

1 tablespoon olive oil

2 tablespoons pomegranate molasses

1 teaspoon mustard

Preheat the oven to 450 F. Cut the ends of the squash, then cut in half and scrape out the seeds. Slice the squash into thick wedges and brush the wedges with olive oil and season with salt and pepper. Place the slices on their sides on a baking sheet and roast in the oven until tender, 15-20 minutes, flipping the slices over halfway through.

Tear the lettuce into pieces. Whisk together the dressing ingredients. Toss the lettuce with half the dressing to coat. Combine the lettuce, squash slices, pecans, and pomegranate. Drizzle the remaining dressing over top and serve.

Kale with Garlic and Cranberries from *Gourmet* | November 2007 recipe by Ruth Cousineau

www.epicurious.com/recipes/food/views/Kale-with-Garlic-and-Cranberries-240604

2 pounds Red Russian kale, stems and center ribs discarded and leaves coarsely torn

1 tablespoon minced garlic

5 tablespoons olive oil

½ cup dried cranberries (2 ounces)

Cook kale in a 6-quart pot of boiling salted water (1½ tablespoons salt for 4 quarts water), uncovered, until almost tender, 5 to 7 minutes. Drain in a colander, then immediately transfer kale to an ice bath to stop cooking. When kale is cool, drain but do not squeeze.

Cook garlic in oil in same pot over medium heat, stirring, until fragrant, about 30 seconds. Add kale, dried cranberries, ¾ teaspoon salt, and 1/8 teaspoon pepper and cook, tossing frequently with tongs, until kale is heated through and tender, 4 to 6 minutes.

Turnips with their Greens from *Vegetarian Cooking for Everyone* by Deborah Madison

1 bunch turnips, scrubbed, greens trimmed and washed

2 to 4 tablespoons butter

Salt and freshly milled pepper

Several thyme or lemon thyme sprigs, leaves plucked

Halve turnips, then quarter each half. Bring 3 quarts of water to a boil for the greens and set a steaming basket over sated water for the turnips. Add 1½ teaspoons salt, add the greens, and simmer until tender, 8 to 10 minutes. Meanwhile, steam the turnips until they're tender-firm, 10-12 minutes. Drain the greens, press out excess moisture with the back of a spoon, toss them with half the butter, and season with salt and pepper. Arrange them on a plate. Toss the turnips with the remaining butter, a few pinches of salt, a grind of pepper, and the thyme. Pile the turnips on the greens and serve them together.