

Box Contents:

1 Acorn Squash
½ lb Braising Mix
¾ lb Broccoli or 1 hd
Cabbage
1½ lbs Yellow Finn Potatoes
1 lb Sweet Peppers
½ lb Green Beans
1 lb Yellow Onions

Field Notes: We are looking forward to seeing again and meeting many of you at the Pumpkin Party this Sunday. The weather forecast looks great for the weekend with temperatures on Saturday and Sunday expected to average 80 degrees. This week the valley is abuzz with the hum of tree shakers vibrating the walnuts from their branches. Our house is so old that it shudders when the nut harvest happens in the walnut orchard across the street. Our winter squash harvest is winding down. We have towers, 500 4ft x4ft bins, filled with assorted varieties including kabocha, buttercup, delicata, sugar pie pumpkins, and butternut. Sounds like a mountain of squash but,

amazingly, it will be sold by January.

Box Notes: Subscribers new to the veggie box program may be wondering what is braising mix? Braising mix is a combination of cooking greens that can be prepared like bigger versions of bunched spinach, kale, and chard. But because the leaves in the braising mix are smaller, they cook very fast. In this week's box, the braising mix includes: baby chards, spinach, baby beet greens, and red Russian kale. Swirl the mix around in a water bath to rinse well, then steam for a few minutes until they've wilted in the heat of the steam. These greens are so tender -they melt in your mouth! All they need is some salt or soy sauce and lemon juice or a splash of rice vinegar. Our broccoli is here! The stems are tender and steam well. The leaves of the broccoli are for braising as you would with kales or collards.

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 the 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! To help reduce waste, please bring tableware for your group (plates, silverware, cups.) Bring a blanket for your picnic, too for softer seating on the hay bales!

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.
- ❖ **From Lake County,** take Hwy 29 north to Hwy 53. Head north on Hwy 53 to Hwy 20. Head east on Hwy 20 to Hwy 16. Head east on Hwy 16 through Rumsey, then Guinda. Continue east on Hwy 16 for just over five miles. Turn left into driveway.

❖ **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 fuller 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 with some changes in the schedule. The schedule will be announced in next week's newsletter and on the website.

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.

Black Bean Chili with Butternut [or Acorn-RDF] Squash and Swiss Chard Bon Appétit | March 2006

From: www.epicurious.com/recipes/food/printerfriendly/BLACK-BEAN-CHILI-WITH-BUTTERNUT-SQUASH-AND-SWISS-CHARD-234146

Recommended by subscriber Beth Hanson. Thanks Beth for recommending this delicious recipe!

Top with chopped fresh cilantro, red onions, and grated cheddar cheese, if you like.

Makes 4 main-course servings.

Ingredients

2 tablespoons olive oil	2½ cups chopped onions
3 garlic cloves, chopped	2½ cups ½ inch pieces peeled butternut squash
2 tablespoons chili powder	[or Acorn Squash-RDF]
2 teaspoons ground cumin	3 15-ounce cans black beans, rinsed, drained
2½ cups vegetable broth	1 14½ -ounce can diced tomatoes in juice
3 cups (packed) coarsely chopped Swiss chard leaves (from 1 small bunch) [Supplement with the braising mix here-RDF]	

Preparation

Heat oil in heavy large pot over medium-high heat. Add onions and garlic; sauté until tender and golden, about 9 minutes. Add squash; stir 2 minutes. Stir in chili powder and cumin. Stir in beans, broth, and tomatoes with juices; bring to boil. Reduce heat and simmer, uncovered, until squash is tender, about 15 minutes. Stir in chard; simmer until chard is tender but still bright green, about 4 minutes longer. Season to taste with salt and pepper. Ladle chili into bowls and serve.