

Box Contents:

1 lb Sweet Peppers
1 bu Tokyo Turnips
1 bu Rapini
½ lb Braising Mix
½ lb Green Beans
1 lb Broccoli
2 pcs Delicata Squash

Party Notes: Many thanks to all who came out for the pumpkin party. All of us Riverdoggers really enjoyed meeting and reacquainting, with so many of our member families. The pumpkins were a hit, though we never managed to carve any, followed closely in popularity by the pumpkin ice cream, the delicious potluck feast and tours of our pasture raised pig program. We heard a few people made the journey up to our home farm (where Trini, Cassidy and I live), which includes our chicken pastures and our packing shed. There's too much to see in a few hours and this was really about lunch and pumpkins, two very serious topics we all explored deeply. Again, thanks to all who could come and we look forward to the next farm event.

Thanksgiving Week Notice: We will deliver veggie boxes the week of Thanksgiving.

Veggie boxes normally delivered on *Thursdays* and *Fridays* will be delivered on Tuesday, November 20. *Wednesday* deliveries remain same.

Payment Reminder: Payment is due the first week of November.

- Monthly payment for four *Wednesday* deliveries in November is \$64.
- Monthly payment for five *Thursday* and *Friday* deliveries in November is \$80.

If you have any questions about your account status or if you'd like to make payment for the remainder of the year, please contact the farm by email at csa@riverdogfarm.com or call (530) 796-3802.

Box Notes: The golf-ball sized roots of Tokyo turnips are mild and tender and can be served raw much like radishes. They have a subtly sweet and refreshing flavor, and many of us at the farm find the turnips to be soothing and calming when eaten raw. The tops are also delicious and are wonderful additions to salads. This week's bunched green is Rapini, also commonly referred to as Broccoli Rabe. Rapini has a mild mustard spice and are noticeably bitter – don't let that deter you from enjoying these greens. The stems of the Rapini are excellent steamed, braised or sautéed. Check out the recipe on the back. Enjoy the greens!

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

1 bunch small tender turnips, scrubbed, 2 to 4 tablespoons butter
Greens trimmed and washed Salt and freshly milled pepper
Several thyme or lemon thyme sprigs,
Leaves plucked

If they're really tender and small, it's not necessary to peel the turnips. Bring 3 quarts water to a boil for the greens and set a steaming basket over sated water for the turnips. Add 1 ½ 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.

Cavatelli with Broccoli Rabe (Rapini) from *Moosewood Restaurant Cooks at Home* by the Moosewood Collective

1 pound fresh broccoli rabe (rapini)	3 tablespoons olive oil
1 pound frozen cavatelli (made with ricotta cheese if available)	5 garlic cloves, minced or pressed
juice of ½ lemon, or 2 teaspoons vinegar (optional)	salt and ground black pepper to taste
	red pepper flakes (optional)
	grated Romano or Parmesan cheese (optional)

Bring a large covered pot of water to a rapid boil.

While the water heats, rinse the broccoli rabe and remove any tough or wilted outer leaves as well as the tough bottom part of the stems. Chop the remaining stems, florets, and leaves into 2-inch pieces, about the same size as the cavatelli. Place the chopped broccoli rabe in a steamer basket or colander that will fit into the pasta pot. When the water boils, submerge the colander in the water for about 3 minutes, until the broccoli rabe turns bright green. Remove the colander and set aside to drain.

Stir the cavatelli into the boiling water and re-cover the pot until the water comes back to a boil. Then uncover it. In a large nonreactive skillet, heat the oil and sauté the garlic for a minute, taking care not to let it brown. Stir in the drained broccoli rabe, the lemon juice or vinegar, and the salt and black pepper. Add the red pepper flakes, if you wish. Sauté until the greens are tender. Cover and set aside.

When the cavatelli are al dente, drain and toss them in a large warmed bowl with the sautéed greens. Sprinkle with cheese if you wish, and serve immediately.

Lentil-Sweet Pepper Soup with Cumin and Black Pepper from *The Zuni Café Cookbook* by Judy Rogers

“An easy, hearty soup that can be ready in half an hour.” JR

For About 4 Cups:

3 to 4 tablespoons extra-virgin olive oil	1 to 2 garlic cloves, smashed and chopped
1/3 to ½ cup diced sweet peppers	1 bay leaf
½ teaspoon whole black peppercorns	1 cup lentils, black or dark green French, picked over
¼ teaspoon cumin seeds	4 to 4 ½ cups water or Chicken Stock, or a combination
¼ cup finely diced carrot	A sprig of fresh flat-leaf parsley, chopped
¼ cup finely diced celery	
¼ cup finely diced yellow onion	

Warm a tablespoon of the olive oil in a 4-quart saucepan over medium heat. Add the diced pepper and cook, stirring regularly, until it begins to color slightly, about 5 minutes.

Crush the peppercorns and cumin seeds in a mortar. Add both to the peppers and cook for another minute. Add the remaining 2 to 3 tablespoons oil, carrot, celery, onion, garlic, bay leaf, parsley, and lentils and about 3 cups of the stock or water. Bring to a simmer. Stir, and taste the liquid for salt. Reduce the heat and cook, uncovered, barely simmering until the lentils are tender and have absorbed most of the liquid, about 15 minutes. Turn off the heat, cover, and leave 5 minutes for the lentils to soften.

If you are going to puree or partially crush the lentils, do so now ~ it is most efficient to do this while the mixture is thick and dense, before you add the last of the liquid. Once you add more liquid, the lentils will find it easier to dodge the blender blades, or your pestle.

Add more liquid, in ½-cup doses, to bring the soup to the desired texture. Simmer, taste again, and serve.