

Box Contents:

1 lb Sweet Peppers
½ lb Arugula
1 bu Radish or Cilantro
1 Buttercup Squash
1½ lbs Fingerling Potatoes
1 bu Red Chard
½ lb Green Beans
1½ lbs Early Girl Tomatoes

December Payment is due by November 25, 2011:

Riverdog Farm will be closed the final two weeks in December.

December payment for two **Wednesday** deliveries is \$40.

December payment for three **Thursday/Friday** deliveries is \$60.

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.

Thanksgiving Week: 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 next week.

Field Notes: Transplants continue to flow out of the greenhouse: lettuce, fennel, broccoli, cabbage, and cauliflower. But the greenhouse is not nearly as full as it was a month ago because there is a hiatus in greenhouse seeding while we seed our garlic and fava beans directly into the field. When garlic is "seeded", a single clove from the bulb is planted. When planted, the cloves still have their "husk", the thin, papery skin that preserves the clove. The cloves are planted with the pointy end up, from where the leaves emerge. From each clove sprouts the thin, flat leaves that capture solar energy to make a new bulb. The leaves will sprout this fall, grow slowly through the cooler winter months, and next June, the bulbs will be full-sized, ready to harvest. In our moderate climate, garlic is a 6-12 month crop depending on when it's harvested, either as a green crop with the leaves still on or as a cured bulb, dried and ready to eat. It's worth the wait!

Box Notes: With longer hours of darkness, hopefully you'll have more time to spend in the kitchen cooking. The buttercup is a very creamy, dark orange, sweet winter squash. For winter squash recipe ideas go to: http://www.eatingwell.com/recipes_menus/collections/healthy_squash_recipes#0. The Butternut and Barley pilaf looks especially delicious on the Eating Well website; the buttercup squash can be used in recipes calling for butternut squash.

White Bean and Chard Ragout

From <http://asweetlife.org/a-sweet-life-staff/recipes/meal-type/side-dish/a-ragout-of-white-beans-and-red-chard/7213/>

½ pound dried white beans (about 1¼ cups), soaked for 6 hours or overnight

1 bay leaf

Couple sprigs of fresh thyme

1 medium onion, chopped

Salt and ground pepper

2 to 4 garlic cloves (to taste), minced or pressed

2 tablespoons extra virgin olive oil

1 teaspoon fresh thyme leaves

1 to 2 tablespoons chopped fresh parsley

1 large or 2 smaller bunches red Swiss chard (about 1 pound), stemmed and coarsely chopped or cut in ribbons

2 ounces Gruyère cheese, grated (about ½ cup)

Combine the beans with 1 quart of water in a 2- or 3-quart pot and bring to a boil. Skim off any foam, then add half the onion and half the garlic, the bay leaf and the thyme sprigs. Reduce the heat, cover and simmer 1 hour.

Add a teaspoon of salt, and continue to simmer until the beans are tender but not mushy, about 30 minutes longer. Taste the broth and add more salt as desired, then remove from the heat and let sit for at least 10 minutes (so the beans can absorb more salt from the broth).

Heat the olive oil in a large, heavy nonstick skillet over medium heat and add the remaining onion. Cook, stirring often, until tender but not colored, about 5 minutes.

Riverdog Farm Meats:

Riverdog Farm chickens and hogs are CCOF certified organically raised animals. Meat is processed in non-organic USDA inspected facilities, and therefore meat is not certified organic.

White Cornish: 3.50 to 5-lb whole (head & feet-on) chickens at \$4.50 per pound.

Red Ranger: 3.50 to 5-lb whole (head & feet-on) chickens at \$5 per pound.

Pork Shares: 15 to 20-lb pre-packed cases of assorted cuts at \$7 per pound.

Pork Sausages: 10-lb order of assorted styles is \$65.

Smoked, Plain or Peppered Bacon: 5-lb order of bacon is \$50

Smoked Whole Hams: 7 to 10-lb order of whole hams at \$9 per pound.

Breakfast ham steaks currently not available.

To request a list of pork shares or to place an order, please email csa@riverdogfarm.com. Meat is delivered frozen.

Have a friend who'd enjoy our CSA program?

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 www.riverdogfarm.com.

Add the garlic, Swiss chard and thyme leaves and continue to cook, stirring, until the garlic is fragrant and the chard has wilted slightly, about 1 or 2 minutes.

Stir into the beans and bring back to a simmer and simmer 10 minutes. Taste and adjust the salt, and grind in some pepper. Stir in the parsley, sprinkle on the cheese, and serve.

Bell Pepper Bruschetta

From <http://vegweb.com/index.php?topic=4754.0>

1-2 red bell peppers, thinly sliced

¼ to ½ medium sized onion, thinly sliced

Olive oil, as needed

1 loaf French bread, sliced

2 cloves garlic, minced

5 tablespoons basil

Salt and pepper, to taste

Preheat oven to 350 degrees F. Place red peppers and onions in a pan with a small amount of olive oil, cook until peppers and onions are tender.

Place slices of bread onto a baking sheet and then drizzle oil on them. Spread the minced garlic onto the bread slices, then stick the pan in the oven for 3 minutes, or until very lightly toasted. Remove the pan from the oven, and evenly distribute the onions, peppers, and basil on each slice. Add salt and pepper, to taste. Put the pan in the oven for about 5-10 minutes, or when the bread is nice and toasty (golden brown).

Curried Russian Salad

From: <http://seasonalontariofood.blogspot.com/2007/07/curried-russian-salad.html>

For Salad:

6 or 8 small red potatoes

2 or 3 cups cauliflower florets

1 medium carrot

¼ pound green beans

¼ pound yellow wax beans

Cut the vegetables in cubes, or in the case of the cauliflower, break it into small florets. Cook the vegetables until tender. Drain the cooked vegetables and run under cold water to cool. Drain well again.

For Dressing:

2 or 3 green onions

2 tablespoons minced parsley (optional)

2 tablespoons minced fresh dill (optional)

1 cup light cream

¼ cup sour cream

2 tablespoons white wine vinegar

½ to 1 teaspoon mild Madras curry powder

¼ teaspoon crushed black peppercorns

1 teaspoon sea salt

Mince the onions, and the parsley and dill, if using, and mix the herbs with the cream and sour cream. Dissolve the curry in the vinegar, and add the salt and pepper. Exact quantities will depend on your taste and how mild the curry is. Mix the vinegar into the cream mixture. Pour the dressing over the salad and mix well. Serve chilled, on lettuce leaves if you like.