

Box Contents:

2-3 Fuyu Persimmons
2 lbs Pink Lady Apples
1 bu Rapini
1-2 hds Cauliflower
2 hds Mei Qing Choy
1 bu Carrots
1 bu Tokyo Turnips
2-3 Delicata Squash
1 bu Cilantro

Thanksgiving Week Delivery Schedule

We will deliver the week of Thanksgiving. Please review the following to see when your box will be delivered. Please email the farm with any questions and concerns.

- **Tuesday, November 24, 2009** – Davis Hunt, Davis Temple, Sacramento, and Woodland.
- **Wednesday, November 25, 2009** – All remaining sites in the East Bay, Contra Costa County, Lake County, Napa County, and Solano County.

Field Notes: Around 11 pm on November 8, 2009 we saw the first frost of fall. Scattered patches of frost settled throughout the lowest spots along the valley floor. The low hovered around 32 degrees. This means that the frost-sensitive crops such as sweet peppers and cherry tomatoes will soon be completely done. It also means that the frost-hardy crops will become sweeter. When the frost lands on the winter crops, their sugar content increases. Frost enhances the flavor of the carrots even though their roots are underground, the broccoli, the turnips, and the bunched greens such as chard and kale.

Box Notes: The Pink Lady apples are from Smit Orchards (certified organic by CCOF), friends we've been selling next to at the Berkeley Farmer's Market for almost 2 decades. Their farm is located in Linden east of Stockton. This apple variety is relished for its sweet-tart flavor and crisp texture. Slice and sprinkle some cinnamon sugar on the sliced apples for a very satisfying fall treat. The Fuyu Persimmons are from our neighbors in Guinda. This type of persimmon is eaten when firm. Eat the dark orange persimmons first and allow the lighter orange persimmons to become darker. Then eat those later. They keep unrefrigerated on the kitchen table. The delicata squash is delicious cut in half, seeds scooped out, then placed seed cavity facing down in a glass-baking dish and baked at 350 degrees for about 30-40 minutes until very soft. The bunched green may be new to some of you. It is a somewhat rare, although not rare in Italy, cooking green in the mustard family that, when steamed, has a mouth watering, slightly bitter flavor. Also known as Broccoli Rabe, Rapini is mainly leafy with small broccoli florets hidden in the leaves. Steam-braise the rapini, the mei qing choy, and the Tokyo turnip greens with garlic, salt, red pepper flakes, and 1 cup of your favorite broth until the leaves are well-wilted.

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

We will deliver the first three weeks in December. The farm will be on winter break from December 21, 2009 through January 2, 2010.

Monthly payment for three weeks of deliveries in December 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 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.

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.

Pasta with White Beans and Rapini from: Canadian Living Magazine: March 2006;
http://www.canadianliving.com/food/pasta_with_white_beans_and_rapini.php

Pasta and beans provide this vegetarian dish with complete protein. It's also a tasty way to introduce rapini. Also known as broccoli rabe, rapini is related to the cabbage and turnip families and is a source of vitamins A, C and K, as well as potassium. Serve with grated cheese.

1 bunch rapini or broccoli	4 cups whole wheat penne
1/3 cup extra-virgin olive oil	1½ fresh bread crumbs
4 cloves garlic, minced	¼ teaspoon salt
Pinch hot pepper flakes	1 can (19 oz/540 mL) Romano beans, drained and rinsed

Trim base of rapini stalks. In large pot of boiling salted water, cover and cook rapini until tender, about 2 minutes. With slotted spoon, transfer to colander to drain. Chop into 1-inch pieces; set aside.

In same pot of boiling salted water, cook pasta until tender but firm, 8 to 10 minutes. Reserving ½ cup of the cooking liquid, drain and return to pot.

Meanwhile, in large skillet, heat 1 teaspoon of the oil over medium heat; fry bread crumbs and one-quarter of the garlic, stirring, until golden, about 3 minutes. Transfer to bowl; set aside.

In same skillet, heat remaining oil over medium heat; fry remaining garlic and hot pepper flakes, stirring, until golden, about 1 minute. Stir in rapini and beans; heat through, about 3 minutes. Add to pasta and toss to coat, adding some of the reserved cooking liquid if desired. Serve sprinkled with breadcrumb mixture.

Braised Baby Bok Choy (Mei Qing Choy) adapted from *Bangkok to Bali in 30 Minutes* by Theresa Volpe Laursen and Byron Laursen; <http://www.care2.com/greenliving/braised-baby-bok-choy-recipe.html#>

2 pounds baby bok choy (mei qing choy)	2 tablespoons extra virgin olive oil
½ cup chopped red onion	½ teaspoon salt
½ teaspoon white pepper	2 tablespoon seasoned rice vinegar

Trim the base of the bok choy, then chop off the leaves. Cut the base in half lengthwise, then cut the halves crosswise on a diagonal into ¼ inch-thick strips. Cut the leaves crosswise on a diagonal into 1½ inch wide strips.

Place a large wok or a pot large enough to hold all the bok choy over medium heat. When it is hot, add the olive oil and rotate the wok or pot a bit to coat it evenly. When the oil is hot, add the onion and stir-fry until softened, 2 to 3 minutes. Add the bok choy and season with the salt and pepper. Cover and cook until tender, stirring occasionally, about 10 minutes. Stir in the vinegar and serve hot.