

**Box Contents:**

1 ¼ lb Broccoli  
½ lb Summer Squash  
½ lb Mixed Eggplant  
½ lb Braising Mix  
1 head Green Cabbage  
1 or 2 Butternut Squash  
1 bu Tokyo Turnips  
1 bu Collard Greens

**Thanksgiving Week Delivery Schedule:** We will deliver the week of Thanksgiving. Please review the following to see when your box will be delivered.

- **Tuesday, November 25<sup>th</sup>** – Benicia, Concord, Davis Hunt Way, Davis Temple Drive, Sacramento, Vallejo, Walnut Creek Intermediate, Walnut Creek Muller Road, and Woodland.
- **Wednesday, November 26<sup>th</sup>** – All remaining sites in the East Bay, Lake County, Napa County, and Solano County.

**Payment Reminder: The December payment is due by November 28, 2008.**

We will deliver the first three weeks of December. Riverdog Farm will be closed from December 21<sup>st</sup> through January 4<sup>th</sup>.

The monthly payment for three **Wednesday / Thursday / Friday** deliveries in December is \$48.00.

***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.***

**Field Notes:** We received about 1/5 of our annual rainfall during the first big storm of the year last week. That seems like a significant amount of rain for the first storm. We're wondering if it's an indicator of a long, wet rainy season ahead. The farm would welcome a wet winter to help replenish the water reserves we rely on such as Clear Lake and Indian Valley Reservoir that feed Cache Creek, the river from which we irrigate. The groundwater we pump from our wells could also use some recharge for good measure. Let's hope for a long, wet winter!

**Box notes:** This is probably the last week for eggplant and summer squash. The Tokyo Turnips are delicious. They can be eaten raw or cooked. They have a mellow, warming flavor. Wash and slice in quarters to eat as a snack with dinner. To cook, cube for soups or roast with cubed carrots, potatoes, winter squash, beets and leeks. Drizzle the cubed veggies with olive oil and a dash of salt. Bake at 400 degrees for about ¾ hour. Turn once while roasting with a spatula. Roasted roots are a scrumptious cold weather dish that melds all the flavors of autumn. Comfort food at its finest! The braising mix is a mixture of young and tender chards, kales, spinach and Asian greens. The mix is best briefly braised. Here is the simplest way to cook the mix: 1) Rinse the greens in a water bath. 2) Heat a large skillet on medium heat. 3) Drizzle some olive oil on the skillet. 4) Place the greens on the skillet and heat until thoroughly wilted, turning gently with tongs. 5) Sprinkle a dash of salt on the greens. They're ready to eat! To embellish, sprinkle on some soy sauce, nutritional yeast, sautéed garlic and onions, or a dash of red chili peppers.

**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 value of 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 a fuller veggie box while defraying increasing costs.

### **Vietnamese Cabbage Salad with Red Chile-Garlic Dressing**

Serves 4-6 From Jump Up and Kiss Me by Jennifer Trainer Thompson

[The author warns that this recipe is fiery. To moderate the heat, she suggests adding less chile-garlic paste.-RDF.]

#### **Red Chile-Garlic Dressing:**

<b>2-3 tablespoons red chile-garlic paste or sauce</b>	<b>¼ cup rice wine vinegar</b>
<b>2 tablespoons soy sauce</b>	<b>1 tablespoon minced fresh gingerroot</b>
<b>2 tablespoons sesame oil</b>	

#### **Salad:**

<b>1 head green cabbage, finely sliced or shredded (about 6 cups)</b>	
<b>1 carrot, julienned</b>	<b>Leaves of 1 small bunch fresh cilantro</b>
<b>1 teaspoon minced gingerroot</b>	<b>1 cup bean sprouts</b>
<b>1 bunch scallions, thinly sliced</b>	<b>1/3 cup roasted peanuts, finely chopped</b>

To make the dressing, in a large bowl combine all the dressing ingredients except the sesame oil. Mix well, then whisk in the oil. Add the salad ingredients except the peanuts. Toss with the dressing, and marinate for at least ½ hour. Top the salad with peanuts, and serve.

**Steamed Broccoli** from [www.elise.com/recipes/archives/001662steamed\\_broccoli.php](http://www.elise.com/recipes/archives/001662steamed_broccoli.php)

#### **Ingredients:**

<b>1 bunch of broccoli</b>	<b>Olive oil, butter, flax seed oil, or mayonnaise</b>
<b>Lemon zest or juice, balsamic vinegar</b>	<b>Toasted almonds, toasted sesame seeds</b>

1 Rinse out well your broccoli, and break into large, bite-sized florets. Cut off the stem and peel off the thick skin around the stem. Quarter or halve the stem lengthwise.

2 Bring ¾ to 1 inch of water to a boil in a saucepan with a steamer. (Note that is you don't have a steamer, you can simply put the broccoli directly into an inch of boiling water.) Add the broccoli to the steamer and cover; reduce heat to medium and let cook for 6-7 minutes. The broccoli is done when you can pierce it with a fork. But be careful not to overcook the broccoli. As soon as it is pierce-able, remove from heat, place in serving dish.

3 Dress to taste with butter, olive oil, flax seed oil, mayonnaise, lemon zest or juice, balsamic vinegar, toasted almonds, or sesame seeds.

Serves 2-4, depending on how much broccoli people like to eat.