

Riverdog Farm Veggie Box News
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November 18, 2008
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Box Contents:

1 lb Fuyu Persimmons
1 bu Rapini
1½ lbs Sweet Peppers
½ lb Savoy Spinach
¾ lb Little Gem Lettuce
1 head Cauliflower

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

Traditionally, the farm offers a bigger-than-usual veggie box to show our appreciation for your support of the CSA program and to celebrate the abundance of the Autumnal harvest. For your planning convenience, here is a preview of the likely box contents for Thanksgiving week: Leeks, Potatoes, Butternut Squash, Onions, Cauliflower, Broccoli, a cooking green such as kale and few herb bunches for a savory feast. We are planning to post the planned box contents and quantities for next week's deliveries on Friday, November 21, 2008. Please visit our website to check out the Thanksgiving box contents and to view archived newsletters.

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 21st through January 4th.

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.

Riverdog Farm Pastured-Pork: We have quarter-hog shares available! Each share is \$7 per pound. Shares range from 24 to 30 lbs and include an assortment of cut-and-wrapped ribs, loin chops, Boston Butt steak, ham roast, sirloin roast (included in 12 shares), tenderloin & ham hocks (included in 12 shares), and picnic shoulder. To request a detailed list of availability or to place an order, email us at csa@riverdogfarm.com or call (530) 796-3802.

Field Notes: We planted garlic this week for harvest in June 2009. Garlic is an over wintered crop that sprouts in the milder fall temperatures and grows slowly over the winter through the cold, rainy season. Then, when it warms up again in spring the garlic leaves grows rapidly; its stalks thicken (green garlic) and later the cloves form. This warm weather has allowed us to clean up the rows of young winter crops by hoeing. The soil, still moistened from the first storm, is easy to hoe right now. Cover crops to enhance soil fertility and grain crops for animal feed are getting seeded this week. The tomatoes are officially done. The stakes are pulled from the fields where the 6-foot tall rows of trellised tomato vines recently stood. This ground is transitioning to a field of cover crop - purple vetch, a nitrogen-fixing plant that will give the soil a boost of nitrogen and organic matter.

Box notes: The Fuyu persimmons in this week's box are from Terra Firma Farm (certified organic by CCOF) located in Winters. They are the type of persimmon that is eaten when firm, unlike the Hachiya variety that is eaten when soft as pudding. Fuyus don't need to be peeled. Slice the persimmon and eat like an apple. According to the Nutrition Fact chart for persimmons, one persimmon provides 70% of the suggested daily Vitamin A requirement. You may be wondering how to prepare Rapini as it is an uncommon cooking green from the same family as turnips. Savored for its mildly bitter flavor, Rapini can be sautéed or boiled briefly and then swirled around in a skillet of garlic and olive oil. Add a dash of salt to finish.

Cauliflower & Spinach Soup with Tarragon from the San Francisco Chronicle, by Janet Fletcher, March 22, 2006, www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2006/03/22/FDGBHHP7O31.DTL

Ingredients:

2 tablespoons unsalted butter
1 cup thinly sliced leeks, white and pale green part only
1 pound cauliflower florets
¼ pound turnips, peeled, in large dice
4 cups chicken or vegetable stock, or more as needed
¼ pound baby spinach leaves
2 teaspoons finely minced fresh tarragon, or to taste
Salt and freshly ground black pepper

Melt the butter in a large saucepan over moderate heat. Add the leeks and saute until softened, 3 to 4 minutes. Add the cauliflower, turnips and stock. Bring to a simmer. Cover and adjust heat to maintain a gentle simmer. Cook until the vegetables are tender, about 20 minutes. Turn off the heat and stir in the spinach. It will wilt instantly.

Puree the soup in batches in a blender. Return to a clean saucepan and reheat. Season with tarragon, salt and pepper. Divide among warm bowls.

Endive and Fuyu Persimmon Salad with Pecans from *The Zuni Café Cookbook* by Judy Rogers
"A rich, slippery, fleshy salad that can supplant dessert." Judy Rogers

Ingredients:

About 24 pecan halves (1 ounce, or 1/3 cup)
About 6 tablespoons extra-virgin olive oil
About 1 pound Endive (about 4 heads), chilled
About 1 tablespoon Champagne vinegar or white wine vinegar
1 large or 2 small Fuyu Persimmons, chilled
Salt

Preheat the oven to 350°F.

Warm the pecans on a small baking sheet for about 4 minutes, just to heighten their flavor. Let them cool, then break along the natural folds.

Remove or trim any damaged outer leaves from the endive. Rinse, dry, and then slice each one on a steep angle into long, saberlike pieces, rolling the endive a quarter-turn with each cut. Work your way down to the solid core and discard it.

Use the tip of a pairing knife to carve out the stem of the persimmons, then remove a thin wedge and taste. If the skin is tender and you like it, leave it on; otherwise, peel with a vegetable peeler. Cut the persimmons into ¼-inch-thick wedges.

Combine the oil, vinegar, and salt to taste. This vinaigrette should be mild.

Gently toss the endive, persimmons, and pecans in the vinaigrette to coat well. Separate any leaves of endive that remain sandwiched together. Taste.

Serve on cold plates.