

Riverdog Farm Veggie Box News
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November 23, 2009
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Box Contents:

2 lbs Mandarins
1½ lbs Fuyu Persimmons
1 bu Redbor Kale
2-3 pieces Delicata Squash
1 bu Spinach
1 bu Carrots
2 lbs Potatoes
1 bu Sage

Field Notes: The shorter days have been filled with hoeing for weed control and field preparation before the wet season saturates the ground. The recent frosty nights caused the leaves on the walnut trees to start to drop. Once all of the leaves are down, the tree becomes dormant and we will begin to prune them - along with the apricots, peaches, and almond trees - to clear out crowded branches and remove any dead wood. For many farms in the area, their operation shuts down for the winter months. And as the slower pace of winter approaches, we want to thank all of you for supporting our farm, making it possible for us to provide a stable work place year round. Have a

happy and filling Thanksgiving! Hope you have a delicious feast.

Box Notes: Redbor Kale is similar to green curly kale and should be tasty in the delicata squash-greens-sage recipe from the very inspiring website *Eggs on Sunday* below. For those who checked our website for this week's box contents list, sorry, we were not able to harvest enough broccoli as planned so the broccoli will be included in future weeks when we have enough for all the veggie boxes. As in recent weeks, the Owari mandarins are from Gold Oak Ranch (certified organic by CCOF) in Rumsey and the Fuyu persimmons are from our neighbor in Guinda. The new potatoes in the box this week are a yellow creamer type that is great for mashing. As they are freshly hand-dug from the ground, the potatoes will cook quickly.

Bulk Mandarins are available! A 20 lb case of Owari Mandarins from Gold Oak Ranch (certified organic by CCOF) is \$30. Please place your order by the Sunday before your delivery day. Please send your payment to the farm when you place your order. Thank you!

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.

Savory Persimmon Salad from CSA subscriber Diane Van Deusen.

Equal amounts of the following:

Diced Fuyu Persimmons

Match-sticked sweet peppers

Match-sticked Fennel root

Drizzle with olive oil, season with salt and pepper. Add a splash of balsamic vinegar if desired. Place on a bed of arugula.

Roasted Delicata Squash Stuffed with White Beans, Greens, and Sage

From <http://eggsonunday.wordpress.com/2008/10/15/roasted-delicata-squash-stuffed-with-white-beans-greens-sage/>

2 delicata squash, halved and seeds scooped out (save them and roast them for snacking!)

1 large garlic clove, minced

extra-virgin olive oil

1 15-oz can small white beans (such as navy beans), drained and rinsed

4 large handfuls greens – [de-stemmed kale - RDF] - washed and spun dry

1 tablespoon minced fresh sage leaves

½ cup fresh breadcrumbs

¼ cup grated Parmesan cheese

Preheat oven to 350 degrees. Place the squash halves (cut side up) on a sheet pan or in a baking dish. Drizzle the surfaces with some olive oil, and season with kosher salt and freshly ground black pepper. Bake in the oven until the flesh is tender when pierced with a knife or fork, about 1 hour. Remove the squash halves from the oven and set aside.

Meanwhile, make your filling: heat a little extra-virgin olive oil (about 1-2 Tbsp) in a sauté pan over medium heat until hot, then add the minced garlic and sauté for about 30 seconds, until fragrant. Add the greens and sauté until wilted. Now add your drained, rinsed white beans and continue cooking the mixture until the beans are heated through. Stir in the chopped fresh sage, season to taste with coarse salt and freshly ground black pepper, and set aside to cool slightly.

Now you'll fill the squash halves: first, preheat the oven to 425 degrees F. In a small bowl, mix together the breadcrumbs and grated Parmesan cheese. When the bean and green mixture has cooled slightly, stir half of the breadcrumb mixture into it -- this will help bind the filling together slightly. Divide this filling mixture between the cooked squash halves, mounding it in each.

Sprinkle the remaining breadcrumb and cheese mixture over the top of the filled squash halves. Drizzle some olive oil over the top of each squash half. Return the pan to the oven and bake the squash halves until the topping is golden, about another 15 minutes or so (check a little bit before so the topping doesn't burn).

Kale with Garlic and Cranberries from Gourmet | November 2007 recipe by Ruth Cousineau; www.epicurious.com/recipes/food/views/Kale-with-Garlic-and-Cranberries-240604

Garlicky kale, a robust winter green, gains an unexpected twist with dried cranberries' saucy hits of tartness. Yield: Makes 8 servings

2 pounds kale, stems and center ribs discarded and leaves coarsely torn

1 tablespoon minced garlic

5 tablespoons olive oil

½ cup dried cranberries (2 ounces)

Cook kale in a 6-quart pot of boiling salted water (1½ tablespoons salt for 4 quarts water), uncovered, until almost tender, 5 to 7 minutes. Drain in a colander, then immediately transfer kale to an ice bath to stop cooking. When kale is cool, drain but do not squeeze.

Cook garlic in oil in same pot over medium heat, stirring, until fragrant, about 30 seconds. Add kale, dried cranberries, ¾ teaspoon salt, and 1/8 teaspoon pepper and cook, tossing frequently with tongs, until kale is heated through and tender, 4 to 6 minutes.