

**Riverdog Farm Veggie Box News**  
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**November 25, 2008**  
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**Box Contents:**

1 bu Carrots  
1 bu Beets  
1 bu Chard  
1 lb Broccoli  
1 lb Cauliflower or  
Romanesco  
1½ lbs Potatoes  
½ lb Lipstick Peppers  
1 Butternut Squash  
1 bu Sage

**Field Notes:** Another Fall almost buttoned-up in time for a delicious Thanksgiving celebration. Barley, triticale and field peas for next year's hog and chicken feed are sown, ready for winter's rains. Garlic and Favas are poking up in their long clean rows, promising a savory Spring. The asparagus is largely put to bed for winter, though the edges of its blankets still need a little tucking. Compost is spread for onion transplanting that will begin on Wednesday, weather permitting. A great myriad of winter vegetables have either begun or are about to begin producing, all of our sustenance for the next few months. Cover crops are largely in and germinated, though we will continue planting vetch as weather permits for another ten days. Our first nips of frost have brought a merciful end to zucchini and green bean harvest, though the peppers and tomatoes seem

determined to hang in for a little longer. Summer planted potatoes are almost ready for harvest, great news as this week's spuds are the end of the Spring planted potatoes. The Owari Mandarins will start within two weeks - something we can all be grateful for. While it has been an accident filled year (two bad tractor accidents and one delivery truck totaled), everyone is still walking, talking and thinking as clearly as they did before their accidents, something for which we are deeply grateful. In closing, a deep thanks to all of you, who in supporting Riverdog Farm year round make it possible for us to provide a stable work place for our core crew of fifty farm workers. Most farms in the area have already layed-off their crews for the Winter. Thanks to all of you for your participation and enthusiasm. We wish you a restful and satisfying Thanksgiving.

**Box Notes:** Carrots and beets make their season debut for the big feast! Sweet, juicy, and crisp, our carrots are delicious raw. Better yet, roast them to a tender, caramelized finish. Beet salad (recipe below) is a tasty, colorful dish for the holiday feast. Don't discard the beet tops! They are wonderful braising greens (mildly sweet and tender) and can be cooked together with the chard. The potatoes in the box are a yellow creamer variety and are great mashed or roasted. Many of you probably know, but butternut squash make fantastic pies (recipe below). The lipstick peppers are a sweet pimiento type. Need an hors d'oeuvre? Try roasted lipstick peppers stuffed with Ricotta cheese and mushrooms. As noted in last week's newsletter, we've added a little extra bounty to your boxes this week to help celebrate Thanksgiving. The quantity in this week's box is similar to what will be standard in the boxes starting in January. Enjoy the feast!

**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.***

**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](mailto:csa@riverdogfarm.com) or call (530) 796-3802.

**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 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.

**Beet, Goat Cheese, and Watercress Salad with Walnuts** from *The Best of Bloodroot* by Selma Miriam and Noel Furie

**1 bunch of medium to small beets**

**¼ cup olive oil**

**¾ cup walnuts**

**1 large bunch watercress**

**1 cup water**

**1 tablespoon salt**

**1-2 shallots**

**About 3 oz. creamy goat cheese**

**For vinaigrette:**

**¼ cup tamari or soy sauce**

**1 tablespoon balsamic vinegar**

**Salt and pepper to taste**

**2 tablespoons lemon juice**

**½ cup olive oil**

Rinse the beets. Cut off ends and scrape lightly. Don't peel. Cut each beet into wedges. Turn into a pot. Add the cup of water, ¼ cup of olive oil and 1 tablespoon salt. Cover and simmer until beets are tender. Let cool. (Peel beets now if you like.)

Make the vinaigrette.

Pour the vinaigrette over the beets and refrigerate.

Use a toaster oven to bake the walnuts at 300°F. When very slightly brown, remove, cool, and chop coarsely. Finely dice the shallots to yield about 2 tablespoons. Set both the nuts and shallots aside.

Cut the stems off of the watercress and wash thoroughly. Arrange on individual plates. Arrange beet wedges on top and spoon vinaigrette over. Top with walnuts and shallots and slices of creamy goat cheese.

**Mom's Butternut Squash Pie** from *Growing and Cooking Vegetables* by Pamela Thomas

**1 large butternut squash**

**½ cup heavy cream**

**1 teaspoon cinnamon**

**½ teaspoon ginger**

**9-inch pie shell**

**3 eggs, beaten**

**½ cup light brown sugar**

**½ teaspoon nutmeg**

**½ teaspoon salt**

Preheat oven to 350 degrees.

Cut the squash into chunks and boil or steam them until the meat is soft. Peel off the skin and place the squash "meat" into a large mixing bowl. Add the eggs, cream, brown sugar, cinnamon, nutmeg, ginger, and salt, and beat with an electric mixer until the puree is well blended. Pour squash mixture into the pie shell, and bake for about 50 minutes or until the custard sets. Serve warm or cool.