

Box Contents:

2 hds Lettuce
1 bu Tokyo Turnips
1 bu Carrots
2 Delicata Squash
1 lb Broccoli
1 bu Red Radish
1 Pomegranate
½ lb Braising Mix
1 bu Red Russian Kale

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 23, 2010** – Sites in Davis, Sacramento, and Woodland.
- **Wednesday, November 24, 2010** – All remaining sites in the East Bay, Contra Costa County, Lake County, Napa County, and Solano County.

If you have any questions regarding the Thanksgiving week delivery, please email the farm at csa@riverdogfarm.com. Please be sure to pick up your veggie box on the day of delivery by 7 pm. The farm will be closed on Thanksgiving Day.

Box Notes: The braising mix includes an assortment of kale, chard, spinach, Asian greens, and beet greens. It is best cooked rather than eaten raw like a salad. Rinse well and steam briefly until all the greens are wilted or braise with onions, garlic, and some water or broth. The broccoli is delicious either raw or cooked. Like the braising greens, the broccoli cooks quickly. It's done when it turns bright green. The pomegranates are from Short Night Farm in Dunnigan and are certified organic by CCOF. They are a sweet, juicy treat. To enjoy, cut off the flower end of the fruit (the star end rather than the stem end), then stick your thumb into the hole and divide into sections by pulling them apart. This step may cause some of the juice to squirt onto your clothing. To prevent this, split the fruit under running water or in a bowl of water. Then break off all the juicy seeds into a bowl to enjoy by the handful. Each juicy piece contains a small crunchy seed that is barely noticeable and can be eaten too. The seeds are great sprinkled on a salad along with slices of Fuyu persimmons. Grenadine is the sweet, red syrup made from pomegranates.

Payment Reminder: The veggie box price is \$20 per week. Payment for December is due November 26, 2010.

Monthly payment for three deliveries in December is \$60. *We will deliver the first three weeks in December. The farm is closed for the final two weeks. Deliveries will resume the first week in January.*

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.

Riverdog Farm Organic Almond Butter: Organic almond butter is available for delivery to your pickup location. Please place your order by Friday prior to your delivery day and send payment when you place your order.

2-Jar Case is \$24

Dozen-Jar Case is \$120

Each jar contains one pound of almond butter. The jars are beautifully labeled and make great gifts.

Riverdog Farm Pastured Chicken: Riverdog Farm meat birds are CCOF certified organically grown. The meat is processed in a non-organic facility so the chicken is not certified organic. The chicken may include the head and feet. Please specify when you order. They are delivered frozen.

White Cornish: 3 to 5 pound birds at \$4.50 per pound

Poulet Rouge: 2.5 to 4 pound birds at \$5 per pound

Riverdog Farm Pastured Pork: Riverdog Farm hogs are certified organic (CCOF) animals. Meat is processed in non-organic facilities, therefore pork is not certified organic. Pork is delivered frozen.

Pork Shares: 15 to 20 lb cases of assorted cuts at \$7 per pound

Smoked Bacon: 5 lbs of bacon is \$50

Pork Sausages: 10 lbs of assorted styles is \$65

Smoked Ham: 3 to 4.5 lb hams at \$9 per pound

Email csa@riverdogfarm.com for more information or to request a list of pork shares. Visit our *Hog Blog* (riverdoghog.blogspot.com) to view photos of our pastured pigs.

Grated Carrot Salad

From: <http://www.talesofaspoon.com/2010/06/grated-carrot-salad-two-ways/>

2-3 carrots

1 clove garlic

Salt

A handful of raisins

Olive oil or vegetable mayonnaise

Grate the carrots. For the raisins version, soak them for 30 minutes (you can't skip this step if you don't have time, but I prefer mine at least slightly soaked). Add the garlic and mix with carrots. Add the oil/mayonnaise and salt.

Red Russian Kale and Red Onion Savory Breakfast Squares

Adapted from: <http://kalynskitchen.blogspot.com/2008/08/red-russian-kale-and-red-onion-savory.html>
(Makes 6 servings, Recipe adapted from Regina Schrambling's Collard Squares.)

1 bunch Red Russian Kale, chopped, or use any other variety of kale

½ red onion, chopped

½ teaspoon olive oil

1 cup grated cheese

¼ cup whole wheat bread crumbs (optional; bread crumbs can be omitted.)

½ teaspoon minced garlic

1 teaspoon Tamari or other soy sauce

6 eggs, beaten well

Preheat oven to 350F. Cut off kale stems and discard, then wash kale leaves and dry well. (I used a salad spinner.) Pile kale leaves up on top of each other and cut into strips about ¾ inch wide, then turn cutting board the other way and cut again so you have squares just under an inch square. Chop onion into pieces about ½ inch.

Heat olive oil in large heavy frying pan, then add onions and sauté 3 minutes. Add garlic and sauté about 2 more minutes, then add kale, turning over as it wilts and sautéing about 5 minutes, or until kale is significantly wilted and softened.

Put sautéed vegetables into large bowl and add Tamari, cheese, breadcrumbs, beaten eggs, and Spike seasoning. Stir gently until ingredients are well distributed. Spray pan with olive oil or nonstick spray and pour in egg mixture.) Bake 20-25 minutes until eggs are well set and the top is lightly browned. Serve hot. Top with low-fat sour cream or salsa.