

**Riverdog Farm Veggie Box News**  
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**December 2, 2008**  
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**Box Contents:**

1 bu Carrots  
1 bu Chioggia Beets  
1 lb Satsuma Mandarins  
1 lb Broccoli/Cauliflower  
½ lb Gypsy Peppers  
½ lb Braising Mix  
2-3 hds Baby Lettuce

**Field Notes:** My family in Iowa enjoyed a sampling of Riverdog Farm produce last week. My check-in luggage was ½ filled with clothing; ½ filled with organic produce! The duffle bag weighed 49.5 lbs; a ½ lb less than the 50 lb maximum weight limit. Luckily, I used a scale in the packing shed to check my luggage weight before heading to the airport. The Thanksgiving feast there consisted of an array of California crops straight from the farm: carrots, brown sugar glazed butternut squash, beets in a vinaigrette dressing, steamed broccoli and cauliflower, potatoes for mashing, and the last of the green beans. My mom got to

experience salted, sautéed beet greens for the first time with scrambled eggs for breakfast one morning. It brings me great pleasure to share the fruits of the farm with my family. Seeing my 4 year old niece gobble up raw green beans and carrots and ask for more makes for a rewarding Thanksgiving excursion to the mid-west!

**Box Notes:** The Satsuma Mandarins have returned! Like past years, they come from Gold Oak Ranch and are CCOF-certified organic. The braising mix in this week's box is a combination of cooking greens including spinach, chard, kale, and Asian greens. The mix is young and tender so does not require much cooking. To sauté, heat 2 tablespoons of olive oil in a large skillet. Sauté chopped garlic and onion in the oil. Then add the rinsed braising mix to the skillet. Stir gently with tongs until all the leaves are wilted. Cover with a lid and allow to cook a few more minutes until the greens are tender. Check a leaf for doneness. The whole cooking process should take no more than 5-8 minutes. Sprinkle with a dash of salt or soy sauce. Although we were nipped by the first frost, the peppers are holding on. We've included them in this week's box since they will be gone until July 2009 very soon. Enjoy them while they last! What is it about carrots that make them so delicious? Is it their crunch? Their sweetness? Their color? The whole combination? At our farmer's market in Berkeley last Saturday, the carrot bunches literally flew off the table. In our planting planning, we have made an effort to have carrots available for as many months as possible because we know they are so popular.

**Payment Reminder:** The January payment of \$80 is due by December 19, 2008 due to the farm being closed from 12/21/08 until 1/4/09. Deliveries resume the week of January 5<sup>th</sup>.

Monthly payment for four **Wednesday / Thursday / Friday** deliveries in January is \$80.

Quarterly payment for the first quarter of 2009, 12 deliveries beginning the week of January 5<sup>th</sup> through the end of March, is \$240.

We encourage subscribers to make an annual payment of \$950 for 50 deliveries in 2009 to receive a discount of \$1 per week. The \$950 total reflects a \$50 discount.

If you have any questions about your account status, please email us at [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com) or call (530) 796-3802.

Included below is the payment schedule for 2009.

***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.***

## 2009 Riverdog Farm Veggie Box Payment Schedule

	Wednesdays	Cost	Thursdays	Cost	Fridays	Cost
<b>January</b>	4	\$80	4	\$80	4	\$80
<b>February</b>	4	\$80	4	\$80	4	\$80
<b>March</b>	4	\$80	4	\$80	4	\$80
<b>April</b>	5	\$100	5	\$100	4	\$80
<b>May</b>	4	\$80	4	\$80	5	\$100
<b>June</b>	4	\$80	4	\$80	4	\$80
<b>July</b>	5	\$100	5	\$100	5	\$100
<b>August</b>	4	\$80	4	\$80	4	\$80
<b>September</b>	5	\$100	4	\$80	4	\$80
<b>October</b>	4	\$80	5	\$100	5	\$100
<b>November</b>	4	\$80	4	\$80	4	\$80
<b>December</b>	3	\$60	3	\$60	3	\$60
<b>Totals:</b>	50	\$1,000	50	\$1,000	50	\$1,000

**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.

**Satsuma Mandarins are available!** Order your 20 lb case of sweet & juicy organic Satsuma Mandarins. The box price is \$28. Email or call us to place your order by Sunday evening for the following week's delivery. Please mail payment with your order.

**Wilted Beet Garden Salad with Oranges and Capers** from *Roots, the Underground Cookbook* by Barbara Grunes and Anne Elise Hunt

[Note from RDF: The mandarins in your box can be substituted for the oranges.]

**Greens from 1 bunch of beets, washed, trimmed, and cut into bite-sized pieces**

**½ cup canola oil**

**½ cup red wine vinegar**

**1 teaspoon light brown sugar**

**¼ teaspoon salt**

**Freshly ground pepper**

**1 tablespoon capers, drained**

**1 8-oz can sliced water chestnuts, drained**

**2 oranges, peeled and separated into segments**

Blanch beet greens in lightly salted boiling water for 10 seconds; drain. Arrange greens on four salad plates. Whisk oil and vinegar together in a small bowl; whisk in sugar, salt, and pepper. Drizzle dressing over greens. Scatter capers equally over greens. Arrange water chestnuts and orange segments on greens. Serve cold or at room temperature.