

Box Contents:

- ½ lb Garlic
- 1 bu Carrots
- ½ lb Little Gem Lettuce
- 1 bu Chard
- 1 bu Red Russian Kale
- 2 Delicata Squash
- ½ lb Broccoli
- 1 bu Beets
- 1 bulb Fennel
- 2-3 Parsnips

January / First Quarter / 51-Week Payment is due by December 30, 2011:

January payment for four deliveries is \$80

First Quarter payment for 13 weeks of deliveries through March is \$260.

Payment for 51 weeks of deliveries in 2012 is \$980.

This total reflects two complimentary boxes at the end of the year, a discount of \$40.

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 date. Without timely receipt of payment, deliveries may be interrupted.

Almond Butter:

- 2 jars for \$24
- 1 case (12 jars) for \$144

Please email or call the farm to place your order by the Friday before your delivery day. Please mail your payment to our address when you place the order.

Field Notes: Strong winds have wicked away all the moisture in the soil. We're hoping for rain soon to give all the crops a good drink and to build a solid base of our annual rainfall that accumulates between November and April. Cloud cover from rainstorms protects the crops by keeping the temperatures above freezing. When the winds die down this time of year and there is no cloud cover, nighttime temperatures can plummet. Tonight's forecast is for 28 degrees for several hours. We are picking all of our fennel and broccoli that is ready today to prevent serious frost/freeze damage. All the underground crops – beets, carrots, turnips, celery root, and parsnips should fare well under very cold conditions. Lettuces may withstand the cold but they typically can't weather prolonged exposure to temperatures below 30 degrees.

Box Notes: Last night, we had the pleasure of eating at a farmer appreciation dinner hosted by Charlie Hallowell, Chef-owner of Pizzaiolo Restaurant in Oakland. He created a sensational salad of chicory greens - radicchio and frisee - topped with pomegranates, persimmons, and thinly sliced fennel. His restaurant is known for its pizza baked in a high temperature wood-fired pizza oven. For appetizers, he made two types of pizza - chanterelle and fresh mozzarella. We also enjoyed oysters, chili-peppered crab, baguettes with aioli, house-made chicken and pork sausage with applesauce, and for dessert: simple dates, mandarins, brownies, and powder-sugar nut cookies. Charlie talked about the deep craft of transforming produce from the field into meals that so many people enjoy and his appreciation for the farms he feels honored to support. We enjoyed the evening celebrating the produce we grow and letting our taste buds feel very satisfied. If you're ever in the neighborhood of Telegraph and 51st in Oakland, plan to have dinner at Pizzaiolo. We highly recommend it! They also serve a light breakfast of coffee, tea, toast and donuts from 8-12 Mon – Sat.

Classic Baked Delicata Squash Recipe

From <http://www.localsustainability.net/2009/10/classic-baked-delicata-squash-recipe/>

- 1 Delicata squash**
- 2 tablespoon Brown Sugar**
- Pinch of salt**
- A pinch of fresh ground pepper (optional)**
- A pinch of cayenne pepper (optional)**
- 1 tablespoon Butter**
- 2 teaspoons Maple Syrup**

Preheat oven to 400 degrees F.

Using a strong knife, cut the squash in half lengthwise. Spoon out seeds and stringy bits in the center of each half. Place each half in a baking pan, cut side up. Rub ½ tablespoon butter on the inside of each half. Add a pinch of salt (and black pepper and cayenne if you wish), add 1 tablespoon brown sugar to each half, then drizzle each half with maple syrup. Adding a little water, about ¼ inch, to the bottom of the baking pan will help keep the squash from drying out.

Bake for an hour, or until the squash is very soft. When serving, if

there is any of the sugary butter sauce left, spoon that over the squash.

Riverdog Farm Meats:

Riverdog Farm chickens and hogs are CCOF certified organically raised animals. Meat is processed in non-organic USDA inspected facilities, and therefore meat is not certified organic.

White Cornish: 3.50 to 5-lb whole (head & feet-on) chickens at \$4.50 per pound.

Red Ranger: 3.50 to 5-lb whole (head & feet-on) chickens at \$5 per pound.

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

Pork Sausages: 10-lb order of assorted styles is \$65.

Smoked, Plain or Peppered Bacon: 5-lb order of bacon is \$50

Smoked Hams: 5-lb order of breakfast ham steaks is \$45. Whole hams also available.

To request a list of pork shares or to place an order, please email csa@riverdogfarm.com. Meat is delivered frozen.

Have a friend who'd enjoy our CSA program?

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 www.riverdogfarm.com.

Carrot Soup from the 1977 edition of Moosewood Cookbook

From <http://www.slashfood.com/2007/08/21/the-original-moosewood-carrot-soup-recipe/>

2 pounds peeled or scrubbed, chopped carrots
4 cups stock or water **1½ teaspoon salt**
1 medium potato, chopped (optional, for heartier soup)
3-4 tablespoons butter **1 cup chopped onion**
1-2 small cloves crushed garlic
1/3 cup chopped cashews or almonds

Choose *one* of the following:

- **1 cup milk**
- **1 cup yogurt or buttermilk plus a little honey**
- **½ pint heavy cream**
- **¾ cup sour cream**

Choose *one* of the seasoning combos:

- **2 pinches of nutmeg, ½ teaspoon dried mint, dash of cinnamon**
- **1 teaspoon each of thyme, marjoram and basil**
- **1 teaspoon grated ginger**

Place carrots, liquid and salt (and potato if you are using it) into a medium sized soup pot and bring to a boil. Cover and simmer it for 12-15 minutes. Let it cool to room temp.

Sauté the onion, garlic and nuts in the butter until the onions are clear. You can sprinkle in a little salt to help draw the moisture out of the onions. Towards the end of cooking, stir in the seasoning combo of your choice.

Puree everything together in a blender until smooth (I deviate from her recipe at this stage. I dump the sautéed onions, garlic and nuts into the pot with the cooked carrots and use an immersion blender to puree. It saves dishes and energy).

Whisk in one of the dairy products. As I mentioned in the beginning, I often leave this step out until I'm just about to eat a bowl of soup. I'll stir in a little milk, a spoonful of yogurt or some cottage cheese just before serving (and just after reheating, if I'm using the microwave).

Garnish with toasted nuts, some toasted breadcrumbs or eat just as it is.

Best Baked Broccoli

Adapted from http://www.amateurgourmet.com/2008/11/the_best_brocco.html

Preheat the oven to 425.

Take 4 to 5 pounds of broccoli cut into florets. Wash and dry them thoroughly. Put the broccoli on a cookie sheet. Toss with olive oil, salt and pepper (5 tablespoons olive oil, 1½ teaspoons kosher

salt, ½ teaspoon freshly ground pepper). Now add 4 garlic cloves that are peeled and sliced and toss them in too.

Roast in the oven 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned. When it's done, take it out of the oven then zest a lemon over the broccoli, squeeze the lemon juice over the broccoli, add 1½ tablespoons olive oil, 3 tablespoons toasted pine nuts, and 1/3 cup of freshly grated Parmesan cheese.