

Riverdog Farm Veggie Box News
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December 9, 2008
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Box Contents:

1 bu Carrots
1 bu Gold Beets
2 lbs Satsuma Mandarins
1 hd Romanesco
1 bu Red Russian Kale
1 Red Kabocha Squash
1-2 Celeriac (Celery Root)

Field Notes: During the past week, most of the nights have seen heavy frost with temperatures hitting a low of 26 degrees! We've also had very foggy nights. The blanketed nights are still and quiet, a sure sign of winter's arrival. What does the frost mean for the hardy winter crops? It enhances their sweetness! Carrots, kales and broccoli especially become sweeter with frost. In nature's mysterious way, the starches in frost-hardy vegetables turn into sugars. Something to ponder: Why does cold weather enhance the flavor of some crops?

Box Notes: While beets are at their peak, we are including them in your box. This week you'll find gold beets. We are pleased to have enough to offer them in all boxes. The main differences between red and gold beets are that gold beets don't bleed like red beets and gold beets have a milder flavor than red beets. Celery Root may be new to some of you. It is very similar in flavor to celery. Peel the root, dice up into small cubes and add to soup to give body to the stock. Or add the cubed root to a mixed roasted roots dish. The celery root compliments the flavors of roasted turnips, carrots, beets, and potatoes.

Satsuma Mandarins are available! Order your 20 lb case of sweet & juicy organic Satsuma Mandarins. The box price is now \$32. This is a price adjustment from last week due to a short supply of mandarins in the wholesale market. Email or call us to place your order by Sunday evening for the following week's delivery. Please mail payment when you place your order.

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 or call (530) 796-3802.

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 5th.

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 5th 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 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
January	4	\$80	4	\$80	4	\$80
February	4	\$80	4	\$80	4	\$80
March	4	\$80	4	\$80	4	\$80
April	5	\$100	5	\$100	4	\$80
May	4	\$80	4	\$80	5	\$100
June	4	\$80	4	\$80	4	\$80
July	5	\$100	5	\$100	5	\$100
August	4	\$80	4	\$80	4	\$80
September	5	\$100	4	\$80	4	\$80
October	4	\$80	5	\$100	5	\$100
November	4	\$80	4	\$80	4	\$80
December	3	\$60	3	\$60	3	\$60
Totals:	50	\$1,000	50	\$1,000	50	\$1,000

Please cut here and keep in your bill-pay zone for a handy payment reference.

Beets with Coconut

From: www.foodnetwork.com/recipes/my-country-my-kitchen/beets-with-coconut-recipe/index.html

Serves: 6

Ingredients:

4 medium beets, about 1 pound
2 garlic cloves, crushed
1 teaspoon salt
1 teaspoon mustard seeds
10 to 12 fresh curry leaves

¾ cup grated unsweetened coconut
1 fresh green chile, split lengthwise
2 tablespoons vegetable oil
2 dried red chiles
1 tablespoon uncooked long grain rice

Ground Masala:

1 teaspoon cumin
¼ teaspoon turmeric

¼ teaspoon cayenne

Peel the beets and grate them using a food processor fitted with the coarse shredding disk, or on the coarse side of a box grater. Set aside.

In a bowl, combine the coconut, garlic, green chile, ground masala, and salt with about ¼ cup water to form a moist ball. Set aside.

In a large wok, heat the oil over medium high heat. Add the mustard seeds and cover. When the seeds have popped toss in the dried red chiles and curry leaves. After the leaves crackle for a few seconds, put in the rice and stir for 5 seconds or until rice turns opaque white. Add the grated beets and stir thoroughly. Reduce the heat to medium, and cook, stirring occasionally until the beets become soft. Add the coconut mixture and continue cooking for another 5 minutes. Remove from the heat and check the salt.