



Riverdog Farm

September 25, 2017

# Riverdog Farm Veggie Box News

## Box Contents

2 lbs. Globe Eggplant  
1 lbs. Mixed Sweet Peppers  
1 lbs. Mixed Heirloom tomatoes  
2 Delicata Squash  
1 Napa Cabbage  
1 Yellow Canary Melon

Payment for the October deliveries is due by **September 30<sup>th</sup>, 2017.**

Tuesdays: \$120  
Wednesdays: \$96  
Thursdays: \$96  
Fridays: \$96

**Thank you for your payment if already sent!**

## Quarterly Payment Schedule:

4<sup>th</sup> Quarter  
October / November / December:  
Tuesday/Wednesday/Thursday/ Friday subscribers: **\$288**

**To view the 2017 payment schedule visit:**

[2017 Payment Schedule](#)

**Box Notes:** The Yellow Canary Melon is a very sweet, white flesh melon that remains firm when ripe. It has a floral, perfumy flavor with nuances of banana/pineapple and is loaded with juice. This will likely be the last week for melons in the CSA boxes, though a late cantaloupe is a possibility.

**2017 Annual Pumpkin Party! Saturday October 21<sup>st</sup>:** Come one, come all, and celebrate the fall harvest at the farm! Riverdog Farm is hosting our annual Pumpkin Party on October 21<sup>st</sup> from 2pm-5pm. Bring the whole family and a potluck dish to share. Riverdog will provide grilled sausages, drinks and Three Twins Ice cream. Take a hayride out to the pumpkin patch where you can choose a free pumpkin to take home. **Please RSVP with the number in your party by October 13<sup>th</sup> by emailing the farm: [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com). We will respond with details and directions.**

## Important information about the new CSA software program:

-Any hold requests or changes to your csa delivery schedule and web order must be made 48 hours in advance of your delivery date.  
-If you entered your credit card for payment and chose a payment plan schedule, your card will automatically be charged according to this schedule.  
-Payments for Bi-weekly subscriptions are processed according to the number of deliveries. The minimum credit card payment amount is \$96. This amount pays for 4 delivery dates. The same is true for bi-weekly quarterly payments, you will be charged \$312 but this amount will pay for 13 deliveries (roughly 6 months). If you would like to pay in smaller monthly installments for a biweekly subscription, you can continue to send a check to the farm. Please let me know if you have any questions or concerns.

**To log onto your CSA member account profile:** Follow this link:

<https://csa.farmigo.com/account/riverdogfarmcsa> to log onto your existing member account, check your balance, select a payment plan, schedule hold dates, shop the web-store and more!

**Web Store:** Follow this link to explore, schedule and purchase Riverdog Farm's pasture raised meat and other farm-raised goodies: <https://csa.farmigo.com/store/riverdogfarmcsa>

## Taste of Capay

When: Sunday October 29, 2017, 2:00 pm to 6:00 pm

Where: Full Belly Farm in Guinda

\$60 per person or \$500 per table of ten

This event highlights the bounty of the region with a delectable, multi-course farm dinner. Event proceeds will support the Esparto Park and Aquatic Center, a new 8-acre community park with playing fields, a swimming pool, perimeter walking trail, and a basketball court to be built in 2018. Visit [capayvalleyvision.org](http://capayvalleyvision.org) for more information. Contact Maya Walker to purchase event tickets: [maya.m.walker@gmail.com](mailto:maya.m.walker@gmail.com) or 530-867-5603.

**Buy your tickets now: Saturday October 7 and 8, 2017 Hoes Down Harvest Festival at Full Belly Farm in Guinda. Visit: [hoesdown.org](http://hoesdown.org) for ticket information.**

## Maple-Roasted Delicata Squash with Red Onion

From: <https://www.epicurious.com/recipes/food/views/maple-roasted-delicata-squash-with-red-onion-51258430>.

3 medium Delicata squash (about 3 pounds), halved lengthwise, seeded, and cut into 1/4-inch thick slices  
2 medium red onions, halved lengthwise and cut into 1/2-inch rings  
5 garlic cloves, peeled and smashed  
4 fresh thyme sprigs  
1/2 teaspoon red-pepper flakes  
3 tablespoons extra-virgin olive oil  
2 tablespoons maple syrup  
Kosher salt  
freshly ground black pepper

Arrange the racks in the upper and lower rungs in the oven and preheat the oven to 425°F degrees. Place the squash, red onion, garlic, thyme, and red pepper flakes in a large bowl. Drizzle with olive oil and maple syrup, and sprinkle generously with salt and pepper; toss to coat.

Spread vegetables evenly onto two large, rimmed baking sheets. Bake the squash on the upper and lower racks of the oven, tossing, rotating, and switching the pan positions half way through cooking, until tender and browned, 25 to 30 minutes. Taste and season again with more salt and pepper, if desired.

## Napa Cabbage Salad with Red Bell Pepper, Cilantro, Peanuts, and Dijon-Ginger Dressing

From: <http://www.kalynskitchen.com/recipe-for-napa-cabbage-salad-with-red/>.

1/2 of large head Napa cabbage, chopped (about 5-6 cups chopped cabbage)  
1 red bell pepper, very thinly sliced into same-length slices  
1/4 cup thinly sliced green onion  
1/2 cup chopped cilantro (or more; if you dislike cilantro use more green onion)  
1/3 cup chopped dry-roasted peanuts

Dressing Ingredients:

2 T rice vinegar (use unseasoned vinegar without added sugar)  
2 tsp. grated ginger puree (can also use freshly grated ginger root, but I liked the ginger puree from a jar for this)  
2 tsp. Dijon mustard (sweet-hot Chinese mustard would also be good)  
1 tsp. sesame oil  
1 T [agave nectar](#) or sweetener of your choice  
salt and fresh-ground black pepper to taste (I used a very small amount of each)  
3 T vegetable oil

Stir together the rice vinegar, grated ginger puree, Dijon mustard, sesame oil, sweetener, salt, and pepper, then whisk in the oil one tablespoon at a time. Let the dressing sit to develop flavor while you chop the salad ingredients.

Chop 1/2 head napa cabbage to make 5-6 cups chopped

cabbage. Cut off stem and remove seeds from red bell pepper, then cut into thin slices, trying to make them about the same length. Thinly slice green onions, chop cilantro, and chop peanuts.

Toss together the chopped napa cabbage, red bell pepper strips, sliced green onions, and chopped cilantro in a medium-sized salad bowl. Add desired amount dressing and toss to coat the salad. (You may not need all the dressing if you like your salads on the dry side.) Put salad in individual serving dishes and top each serving with chopped peanuts.

This did not keep particularly well in the fridge, so if you're not going to eat all of it the same day, add dressing only to the amount you're eating. Then refrigerate the leftover mixture of napa cabbage, red bell peppers, green onions, and chopped cilantro and add the dressing and peanuts when you eat the leftovers.

You could add chopped rotisserie chicken to this salad to make it a more substantial main-dish salad.

## Easy Baba Ganoush Recipe

From: <https://www.themediterraneanandish.com/baba-ganoush-recipe/>

1 large eggplant, cut in half  
Olive oil  
1 tbsp plain yogurt  
1 1/2 tbsp [tahini](#)  
1 garlic clove  
1 tbsp lime or lemon juice, more if you like  
Salt and pepper  
1/2 tsp to 1 tsp cayenne pepper (eliminate if you prefer mild)  
1/2 tsp sumac, more for garnish  
Toasted pine nuts for garnish  
Parsley leaves for garnish

Preheat the oven to 425 degrees F.

Cut a few slits in the skin of the eggplant. Sprinkle the eggplant flesh with salt and let it sit for a few minutes to "sweat out" its bitterness, then dab dry.

Place the eggplant halves, flesh side down, on a lightly oiled baking sheet then drizzle with olive oil. Bake in the 425 degree F heated-oven for 30-40 minutes or until the eggplant fully softens through. Remove from the oven and set aside to cool.

When the eggplant has cooled, scoop the flesh out and transfer to a food processor (discard the eggplant skins). Add the yogurt, tahini, garlic, lime juice, and spices. Run the food processor until you achieve a nice creamy puree. Taste and adjust spices to your liking.

Transfer the baba ganoush spread to a small bowl. Just before serving, top the baba ganoush with a sprinkle of sumac, olive oil, toasted pine nuts and parsley leaves. Enjoy with a side of warm pita bread.