



Riverdog Farm

October 7, 2019

# Riverdog Farm Veggie Box News

## Box Contents:

½ lb Green Beans  
1 Canary Melon  
1 bskt Mini-charm Cherry Tomatoes  
1 bu Tokyo Turnips  
1-2 Butterscotch Squash  
½ lb Braising Mix  
1 bu Parsley

**Payment by check is due by October 31 for November**

### Deliveries:

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

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

### Quarterly Payment Schedule:

**4th Quarter**  
Oct/Nov/Dec  
\$288

**Annual Payment**  
\$1,152

(This amount includes 2 free boxes!)

**To view the 2019 payment schedule visit:**

[2019 Payment Schedule](#)

**Field Notes:** We're having a warm Monday with a high of 90 degrees and the rest of the week is looking mild. The fields of fall planted crops, planted in sequences for steady availability, are looking like a sea of green/blue with arugula, turnips, cabbages, broccoli, lettuce, beets and the ever-favorite carrots maturing at different times.

**Box Notes:** Here's one of our seed supplier's (Johnny's Selected Seeds) description of the Butterscotch Squash variety: "Tastiest small butternut. Our proudest butternut breeding achievement to date. Bred for sweetness, richness, and complex flavor, surpassing all others in its class." Fall green beans are a treat, full of flavor and very tender. We do 2 plantings per year to offer these for your enjoyment for 2 seasons.

For the subscribers buying pastured eggs: Please note that we increased the price per dozen to \$9 as of October 1, 2019. As more laying hens come into production, we'll be able to offer eggs to more subscribers. Thank you!

### Riverdog Farm Annual Pumpkin Party

Saturday October 19, 2019

12:00 to 4:00 pm

11905 State Route 16, Brooks CA 95606

Come to the farm, bring a potluck dish to share, enjoy farm-grilled pork sausages, take a hay-ride tour, feed the pigs, and pick a pumpkin to bring home.

We will provide grilled sausages and ice-cold water. RSVP to: [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com). If lost the day of the event, call 530-320-1608.

### CSA Payment Schedule

Quarter 3: Wednesdays \$312 Thursdays \$312 Fridays \$312

Quarter 4: Wednesdays \$288 Thursdays \$288 Fridays \$288

Annual Payment (annual payers receive 2 complimentary veggie boxes): \$1,152

We encourage you to consider making the annual payment for your veggie box deliveries.

This helps support the farm by providing advance purchasing power for labor, seeds, fertilizers, and other farming expenses that are essential to the farm's operations. Thank you for supporting the farm with your continued CSA subscription!

## Fresh Green Beans

<https://www.bigoven.com/recipe/fresh-green-beans/163647>.

- 1 1/2 pounds fresh green [beans](#) ; ends trimmed and washed, (up to 2 pounds)
- 3 to 4 tablespoons Unsalted [butter](#)
- [Salt](#)
- [Black Pepper](#) ; freshly ground
- 1 teaspoon [lemon](#) juice ; freshly squeezed (optional)
- 2 tablespoons [parsley](#) ; minced (optional)

To Prepare:

Snap the tip of one end of a bean with your fingers and draw it down the length of one side of the bean to remove any possible string. Do the same thing with the other end, pulling it down the other side of the bean.

Beans of not much more than 1/4 inch in diameter are cooked whole, and retain their maximum flavor. If they are large in circumference, you may slice them on the bias to make several 2 1/2-inch lengths per bean (this or machine slicing is usually called Frenched beans though it is rarely done in France as it is seldom necessary). Sliced beans never have the flavor of whole beans.

Wash the beans rapidly in very hot water the moment before cooking.

To Blanch:

Have ready a large bowl of ice water.

Bring 6 to 8 quarts of water to a boil in a large pot over medium-high heat. When the water is at a rolling boil, add 1 1/2 teaspoons of salt per quart of water, and drop in the prepared beans. Cover briefly, to bring the water quickly back to the boil, then immediately remove the cover. Boil uncovered until beans are just tender 2 to 3 minutes for smaller or french beans; 4 to 5 minutes for whole round beans. Taste test for doneness. They are done when they are just cooked through but still have the slightest crunch of texture.

Drain immediately, return the beans to the kettle and gently run cold water over them. When pot is half full, drain again. Transfer beans to the ice-water bath. The faster you chill the beans the greener and fresher they will remain. When thoroughly chilled, in 4 to 5 minutes, drain again.

Set aside, or, if making in advance, dry them thoroughly and wrap in a clean dry towel and refrigerate in an airtight container or plastic bag (thoroughly chilled cooked green beans keep well for several hours).

To Finish or Reheat:

About 3 minutes before serving, in a large saucepan or skillet over medium-high heat, toss the beans to evaporate excess moisture. Add a piece of butter, salt and pepper to taste, tossing to combine. Add the rest of the butter gradually while tossing the beans; alternate with drops of lemon juice. Taste for seasoning. Turn into a vegetable serving dish, sprinkle with parsley, and serve immediately.

## Butterscotch Squash Recipe Ideas:

<https://www.foodnetwork.com/recipes/in-a-garten/caramelized-butternut-squash-recipe-1941999>.

<https://www.wellplated.com/cinnamon-roasted-butternut-squash/>.

<https://cookieandkate.com/roasted-butternut-squash-soup/>.

<https://sweetandsavorymeals.com/butternut-squash-recipe/>.

<https://www.julieseatsandtreats.com/parmesan-roasted-butternut-squash-video/>.

<https://www.onceuponachef.com/recipes/thai-style-butternut-squash-soup-with-coconut-milk.html>.

<https://www.food.com/recipe/shrimp-and-butternut-squash-in-coconut-milk-broth-155604>.