



Riverdog Farm

October 23, 2017

# Riverdog Farm Veggie Box News

## Box Contents

½ lb Braising Mix  
1 lb Mei Qing Choi  
1 bu Tokyo Turnips  
1 bskt Juliette Tomatoes  
¼ lb Early Girl Tomatoes  
1 lb Yukon Gold Potatoes  
1 Butternut Squash

**Field Notes:** Thank you to all who attended the Riverdog Farm Pumpkin Party. The roasted pig and potluck dishes were delicious. The kids really enjoyed the hayride, selecting a pumpkin and feeding the pigs. We hope to see you next year in late October to celebrate Autumn's harvest at the farm!

**Box Notes:** With cooler nights on the farm, the tomatoes, peppers and eggplant are slowing down. We are excited to include more leafy greens in the weekly veggie boxes as they become available. Both tops and roots of the turnips can be eaten, like beets. The greens are great braised or steamed. The roots are delicious raw or cooked.

**Important Payment Information:** We will send payment reminders when your account balance has reached \$0. If your account drops below \$0, your deliveries may be interrupted. Please confirm by responding to the payment reminder that you would like to continue to receive CSA boxes and that payment is on the way. **You must let us know if you would like to cancel or permanently hold your deliveries.** Email notifications and this newsletter are our primary way of communicating with members. Please be sure to read the newsletter and emails we send, as they contain important information.

## Useful links for your new online CSA member profile

Your Account: <https://csa.farmigo.com/account/riverdogfarmcsa>

Payment: <https://csa.farmigo.com/pay/riverdogfarmcsa>

Web store: <https://csa.farmigo.com/store/riverdogfarmcsa>

## Capay Valley Vision's 17<sup>th</sup> Annual Taste of Capay Farm Dinner

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, locally sourced, multi-course farm dinner and live auction. Event proceeds will support the Esparto Park and Aquatic Center endowment fund, 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 Event Coordinator Maya Walker to purchase tickets: [maya.m.walker@gmail.com](mailto:maya.m.walker@gmail.com) or 530-867-5603, [www.capayvalleyvision.org](http://www.capayvalleyvision.org).

Payment for the November deliveries is due by **October 31st, 2017.**

Tuesdays: \$96  
Wednesdays: \$120  
Thursdays: \$120  
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](#)

## Roasted Butternut Squash Tacos

From: <https://cookieandkate.com/2016/roasted-butternut-squash-tacos-recipe/>.

1 medium butternut squash (about 2 to 2 ½ pounds, I used two 12-ounce bags of pre-sliced butternut from Trader Joe's), peeled and sliced into ¾-inch cubes  
2 tablespoons olive oil  
1 teaspoon chili powder  
Salt and freshly ground pepper  
8 corn tortillas  
Optional garnishes: additional chopped cilantro, hot sauce, toasted pepitas, crumbled feta cheese

### Cabbage and black bean slaw

2 cups purple cabbage, thinly sliced and roughly chopped into 2-inch long pieces  
2 cans black beans (15 ounces each), rinsed and drained, or 3 cups cooked black beans  
½ cup chopped green onions, both green and white parts  
½ cup chopped fresh cilantro  
2 to 3 tablespoons fresh lime juice, to taste  
1 teaspoon olive oil  
¼ teaspoon salt, more to taste

### Simple guacamole

1 large avocado, diced  
1 tablespoon lime juice  
¼ teaspoon ground coriander (optional)  
Pinch of salt, more to taste

### Instructions

-Preheat oven to 425 degrees Fahrenheit. Line one large, rimmed baking sheet with parchment paper for easier cleanup.

-To roast the squash: On your prepared baking sheet, toss the cubed butternut in enough olive oil to lightly coat all sides, about 2 tablespoons. Sprinkle with 1 teaspoon chili pepper and a pinch of salt and pepper. Arrange the butternut in a single layer. Bake until the butternut is tender throughout and caramelized on the edges, about 30 to 35 minutes, tossing halfway.

-Meanwhile, to assemble the slaw: In a medium mixing bowl, combine the cabbage, black beans, green onion, cilantro, lime juice, olive oil and salt. Toss to combine, then taste and add additional lime juice and/or salt if necessary. Set aside to marinate.

-To prepare the guacamole: In a small bowl, combine the diced avocado, lime juice, coriander and salt. Mash with a pastry cutter, potato masher or fork until the mixture is blended and no longer chunky. Taste and add additional salt if necessary.

-To warm the tortillas: In a small skillet over medium heat, warm each tortilla on both sides before transferring to a plate and covering with a lint-free towel to keep warm. Repeat with each tortilla, stacking each warmed tortilla on the last.

-To assemble the tacos, spoon an ample amount of slaw down the center of your taco, top with roasted butternut and spread a spoonful of guacamole down the side. Top with garnishes of your choice and serve immediately.

## Bok Choy & Turnip Miso-Ramen with Soy Sauce Eggs

From: <http://dishingupthedirt.com/recipes/miso-bok-choy-turnip-ramen-soy-eggs/>

### Soy Eggs

1/2 cup water  
3/4 cup reduced sodium soy sauce  
1/4 cup rice vinegar  
2 teaspoons sugar  
6 hard boiled (or soft boiled) eggs, peeled

### Ramen:

6 ounces ramen noodles  
1 Tablespoon toasted sesame oil  
4 garlic cloves  
1 Tablespoon freshly grated ginger  
4 cups water  
3 Tablespoons white miso paste  
1 1/2 Tablespoons reduced sodium soy sauce  
1 teaspoon chili paste  
1 small bunch of Tokyo turnips, greens removed (save for another use or add them just at the end of cooking) and cut into 1/2 inch chunks  
1-2 heads of baby bok choy, stems roughly chopped and greens cut into thin strips (about 8 cups)  
3-4 radishes, thinly sliced  
handful of micro greens (braising mix would be lovely!)  
toasted sesame seeds for serving  
salt and pepper to taste

### Preparation

Whisk together the water, soy sauce, vinegar and sugar in a deep bowl. Add the hard boiled eggs and marinated in the fridge for 2 hours, make sure all the eggs are submerged in the soy mixture.

Cook the ramen noodles in a pot of boiling water until al dente. Drain and set aside.

In a large dutch oven or saucepan heat the sesame oil over medium heat. Add the garlic and ginger and cook, stirring often, until fragrant. About 3 minutes. Add the water, miso, soy sauce, chili paste and turnips. Bring to a boil. Reduce heat to medium-low, and simmer until the turnips are tender, about 15 minutes. Stir in the bok choy stems and cook for about 3 minutes longer. Add the leaves and continue to simmer until tender, about 3 minutes. Add the ramen noodles and stir well.

Remove the eggs from the marinade and slice in half. Set aside.

Divide the soup between bowls, top with radishes, toasted sesame seeds, micro greens and the soy eggs. Sprinkle with salt and pepper to taste and enjoy.

### Notes

\*Use this recipe as a guide \*Adjust measurements and ingredients as necessary \*Taste test as you go