



Riverdog Farm

November 28, 2016

Riverdog Farm Veggie Box News

Box Notes:

The Fuyu persimmons are grown by our neighbor Frank Espriella here in Guinda. They are not certified organic. He doesn't use synthetic fertilizers or pesticides but opts to not be certified organic as he has a very small persimmon orchard. The Fuyu persimmon is eaten firm, like an apple, no need to peel the skin.

The rain has continued over the weekend. To date this rain season, we have received about 4 inches of rain, over ¼ of our annual average rainfall. The winter crops are thriving with the rain and the farm crew feels relieved to have a break from moving aluminum irrigation pipe. We hope the rain continues at a steady pace to replenish ground water supplies and fill surface water storage.

Special Order: Whole Hams for the Holidays

Place your order for whole or half hams by December 18, 2016 for delivery the week before Christmas. The hams are \$10 per pound. They range in size from 4.5 – 6.2 lbs. Please contact the farm:

csa@riverdogfarm.com or 530-796-3802 to place your order.

Whole Chickens and Pastured Pork: Bacon, Sausage, Ham, and Pork Cuts available year round.

Please contact the farm at csa@riverdogfarm.com for pricing and to place your order. The meat orders are delivered to CSA sites frozen in a strapped cooler. The farm retrieves the empty coolers from the CSA site the week after delivery. Please take your meat order out of the cooler the day of delivery or return the cooler the following week to the CSA delivery site.

Riverdog Farm pigs and chickens are certified organic animals raised on diets of certified organic corn/soy/triticale, produce culls, alfalfa, rye grass, clover, Three Twins Ice Cream overruns, and whey from Cowgirl Creamery. The meat is not labeled organic because the processing facilities are not yet certified organic. We are working with our processors to have the facilities become certified organic so that we can label the packaged meat as certified organic.

Holiday Schedule:

The farm will be closed from Saturday December 24 until Sunday January 1, 2016. Thank you!

Box Contents

1 1/2 lbs Fuyu Persimmons
1 hd Fennel
½ lb Loose Spinach
1 hd Batavia Lettuce
1 bu Dino Kale
1 lb Cauliflower
1 lb French Fingerling
Potatoes
1 lb Tokyo Turnips

Payment for the December deliveries is due by **November 30th, 2016.**

Tuesdays: \$72

Wednesdays: \$72

Thursdays: \$96

Fridays: \$96

Thank you for your payment if already sent!

Quarterly Payment Schedule

4th Quarter

October / November /

December:

Tuesday/Wednesday/Thursday / Friday subscribers: **\$264**

To view the 2016 payment schedule visit:

<http://static1.squarespace.com/static/56be59f87c65e413043292e7/t/56c4d45345bf21edd2652952/1455739987593/2016csapaymentschedule.pdf>

Slow Cooker or Stove Top Potato Cauliflower Curry (Aloo Gobi)

From: <http://healthyslowcooking.com/slow-cooker-potato-cauliflower-curry-aloo-gobi-recipe/>

- 2 tablespoons olive oil
- 1 small onion, minced (about 1 cup)
- 1½ teaspoons cumin seeds
- 3 cloves garlic, minced
- 1 tablespoon grated ginger
- 2 teaspoons ground turmeric
- 1 teaspoon ground coriander
- ¾ teaspoon ground cardamom
- 4 cups Tasteful Selections Honey Gold Potatoes, cut into chunks (1 - 28 oz package)
- 4 cups small cauliflower florets
- 1 to 2 cups water
- 1 - 14.5 can diced tomatoes
- ¼ to 1 teaspoon chili powder, to taste – optional
- salt, to taste
- steamed rice, for serving

Heat the oil in a saute pan if you are making the slow cooker version or a large soup pot if you will making the whole dish on the stove.

Once hot add the onions and saute until translucent, about 10 minutes. Stir in the cumin seeds and saute for about 3 minutes. Then add the garlic, ginger, turmeric, coriander and cardamom and saute another 3 minutes, or until the spices become fragrant.

Finish in the slow cooker:

If you are going to cook it the rest of the way in the slow cooker add the cooked onion and spice mixture, the potatoes, cauliflower, 1 cup of water and the diced tomatoes with liquid. Cook on low for 8 to 9 hours.

Before serving add chili and salt to taste.

Finish on the stove:

Add the potatoes, cauliflower, 2 cups of water and the diced tomatoes with liquid into the soup pot with the cooked onions.

Bring to a boil, then lower to a simmer and cook until the potatoes are tender about 15 to 20 minutes.

Add chili and salt to taste before serving.

Lazy tip: If you want to you can skip the sautéing and throw

everything into the slow cooker. It won't be quite as flavorful, but it can really make your life easy during a busy week.

Note: This curry is very mild on purpose so you can introduce new people to Indian flavors. If you are not making this for Indian food novices I would up the cumin seeds to 1 tablespoon, the ginger to 2 tablespoons and throw in about 1 teaspoon garam masalas if it needed a little more kick.

Roasted Sausage with Broccoli and Fennel

From: <https://food52.com/recipes/25869-roasted-sausage-with-broccoli-and-fennel>

12 ounces (about 3 or 4 Links) good quality pork sausage, removed from casings and cut into ¾ inch pieces

2 small heads of broccoli, cut into small florets

1 medium fennel bulb, trimmed, cored, and cut into thin slices, about ¼ inch thick

Kosher salt and freshly ground pepper

3 tablespoons olive oil

2 teaspoons whole grain-grain mustard

Finely grated zest and one 1 teaspoon of juice from 1 small lemon

½ teaspoon Aleppo pepper, or a lesser amount of red pepper flakes or cayenne (omit if you are using spicy sausages)

Heat oven to 425° F.

Combine broccoli florets and sliced fennel in a shallow casserole or baking dish. You want them to fit snugly in a single, even layer. Season with salt and pepper.

In a small bowl, whisk together olive oil, whole-grain mustard, lemon juice and zest, and Aleppo pepper. Add to broccoli and fennel and toss well to coat evenly. Nestle the pieces of sausage among the broccoli and fennel.

Roast for about 20 minutes, or until the broccoli and fennel are tender and the sausage is no longer pink. For extra security, you can toss about halfway through the cooking time to ensure even cooking.

Optional but highly recommended: Heat broiler, and place the pan under the broiler for a few minutes to crisp the sausage and slightly char the broccoli and fennel in spots.

Taste and add more salt, pepper, or lemon juice if needed. Serve warm or at room temperature.