



Riverdog Farm

December 5, 2016

# Riverdog Farm Veggie Box News

## Box Contents

1 ½ lbs Fuyu Persimmons  
1 lb Tokyo Turnips  
1 lb Watermelon Radish  
1 Cone Cabbage  
1 bu Red Russian Kale  
1 lb Cauliflower  
1 lb Leeks  
1 ½ lb Mixed Roots

## 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.

## 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](mailto: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](mailto: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.

Happy Holidays! Thank you!

Payment for the January deliveries is due by **December 31st, 2016.**

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

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

## Quarterly Payment Schedule

1<sup>st</sup> Quarter

January / February / March:  
Tuesday/Wednesday/Thursday/  
Friday subscribers: **\$312**

2<sup>nd</sup> Quarter

April / May / June:  
Tuesday/Wednesday/Thursday/  
Friday subscribers: **\$312**

3<sup>rd</sup> Quarter

July / August / September:  
Tuesday/Wednesday/Thursday/  
Friday subscribers: **\$312**

4<sup>th</sup> Quarter

October / November / December:  
Tuesday/Wednesday/Thursday/  
Friday subscribers: **\$288**

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

<https://static1.squarespace.com/static/56be59f87c65e413043292e7/t/58407a12579fb31c9d905b45/1480620563398/2017csapaymentschedule.pdf>

### Roasted Garlic Cauliflower

From: <http://allrecipes.com/recipe/54675/roasted-garlic-cauliflower/print/?recipeType=Recipe&servings=6>.

2 tablespoons minced garlic  
3 tablespoons olive oil  
1 large head cauliflower, separated into florets  
1/3 cup grated Parmesan cheese  
salt and black pepper to taste  
1 tablespoon chopped fresh parsley

Preheat the oven to 450 degrees F (220 degrees C). Grease a large casserole dish

Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix. Pour into the prepared casserole dish, and season with salt and pepper to taste

Bake for 25 minutes, stirring halfway through. Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown.

### Lisa's Co-op Kale Soup

From: <http://allrecipes.com/recipe/208849/lisas-co-op-kale-soup/print/?recipeType=Recipe&servings=6>.

2 teaspoons cooking oil  
1 onion, diced  
2 bunches kale, stems and center ribs discarded and leaves coarsely chopped  
2 cloves garlic, minced, or more to taste  
1 large carrot, chopped  
1 (15 ounce) can garbanzo beans, drained  
6 cups chicken broth  
2 tablespoons crushed red pepper flakes  
salt and ground black pepper to taste  
1/2 pound spicy bulk pork sausage (optional)

Heat the oil in a large pot over medium heat. Cook the onion and kale in the hot oil until the kale is soft, about 10 minutes. Add the garlic, carrot, and garbanzo beans and cook together for about 5 minutes. Pour the chicken broth into the pot. Season with the red pepper, salt, and black pepper. Simmer until the carrot and garbanzo beans are tender, about 20 minutes.

As the soup simmers, crumble the sausage into a skillet over medium heat. Cook until entirely browned, breaking the sausage into small pieces with a wooden spoon as it cooks. Stir the cooked sausage into the soup just before serving.

### Easy Cabbage Rolls

From: <http://www.food.com/recipe/easy-cabbage-rolls-50949>.

1 lb [ground beef](#)  
2 teaspoons chopped [onions](#)  
1 teaspoon [salt](#)  
1 beaten [egg](#)  
1/2 cup [milk](#)  
1/2 cup [cooked rice](#)

### SAUCE

1 (14 ounce) can [tomatoes](#)  
1 (14 ounce) can V8 vegetable juice  
1 tablespoon [Worcestershire sauce](#)

Place some of this mixture (about 1 1/2 tbsps) on each cabbage leaf & fold "envelope" fashion. If the leaf is tough, it will be easier to do this if you make a V shaped incision & remove a part of the coarser spine.

You may find it easier to roll the cabbage around the filling and just "tuck" the ends into the roll with your fingers - whatever works best for you!

Lay flap side down in a heavy Dutch oven.

Combine sauce ingredients - use tomato juice if you don't like V8 - or you may add 1 cup of chicken broth to lessen the tomato flavour; pour over cabbage rolls. Bake at 350 degrees F for about an hour. Serve with a dollop of sour cream.

### Fuyu Persimmon Salad

From: <http://cooking.nytimes.com/recipes/12897-fuyu-persimmon-salad>.

1 shallot, finely diced  
Salt and pepper  
2 tablespoons lemon juice  
1 tablespoon sherry vinegar  
4 tablespoons extra-virgin olive oil  
3 Fuyu persimmons  
1/2 cup thinly sliced tender celery stalks and leaves  
1 head radicchio, leaves torn into 2-inch wide ribbons  
Chunk of Parmesan, for shaving

Make the vinaigrette: put diced shallot in a small bowl with a pinch of salt. Add lemon juice and sherry vinegar and leave to macerate for about 5 minutes. Stir in olive oil. Season with additional salt and pepper to taste.

With a sharp paring knife, remove and discard the leafy calyx at the top of each persimmon. Peel persimmons and cut in half vertically. Lay persimmons flat side down and cut into 1/2-inch wedges.

Put persimmon wedges and celery slices in a low, wide salad bowl. Season with salt and pepper. Whisk vinaigrette, then pour over persimmon and celery and toss to coat well.

Add radicchio and toss lightly.

With a vegetable peeler, shave about 1 ounce of Parmesan in thin strips over salad.