



Riverdog Farm

December 11, 2017

# Riverdog Farm Veggie Box News

## Box Contents

½ lb. Fuyu Persimmons (Not CCOF certified)  
2-3 Pomegranates  
¾ lb. Little Gem Lettuce  
1 hd. Escarole  
1 bu. Green Mustard  
1 bu. Chioggia Beet  
1 bu. Orange Carrots  
1 Green Cabbage  
1 bu. Cilantro

## Box Notes:

“Escarole is a leafy green vegetable and member of the chicory family, along with [frisée](#), [endive](#) and Belgian endive. Sometimes called broad-leaved endive, escarole has broad, curly green leaves and a slightly [bitter flavor](#). It can be eaten raw, grilled, sautéed, or cooked in dishes.

Escarole is less bitter than other chicories and the level of bitterness varies throughout the head, with the inner, lighter-colored leaves being less bitter than the outer, darker green leaves. The inner leaves may be more suitable for salads, using the outer leaves for cooked dishes.” To learn more about this family of vegetables visit:

<https://www.thespruce.com/what-is-an-escarole>

This is the last week for Persimmons. We hope you enjoyed them as much as we did. The Fuyu Persimmons are grown by our neighbor Frank Espriella in Guinda. He has spent over 20 years developing his specialty persimmon orchard. They are not certified organic but are grown without the use of synthetic fertilizers or pesticides. This type of persimmon can be eaten when firm, like an apple. No need to peel the skin.

**Field Notes:** The dry weather continues. The forecast says no rain for the next ten days. We will need to irrigate throughout the rest of the month as the soil has become dry since the last rains.

## Riverdog Farm Holiday Delivery Schedule:

The farm will be closed from Sunday December 24<sup>th</sup> - January 1<sup>ST</sup> for our annual holiday break. There will be no CSA deliveries 12/24/17-1/2/18. Deliveries will resume on Wednesday 1/3/18. ***Napa Fatted Calf members, your first box of the New Year will arrive on Thursday 1/4/17. Please make a note of the December Holiday delivery schedule on your calendar.***

The farm will not be at the Berkeley Farmers markets on Tuesday December 26, Thursday December 28 and Saturday December 30. We will be skipping the Sunday markets in Sacramento on December 24 and December 31, 2017. We **will** be at the Berkeley Farmers Market on Saturday December 23, 2017 and Tuesday January 2, 2108. Happy Holidays!

## Holiday Hams are available for reservation on the web store!

**Limited availability. All hams will ship the week of 12/18. Please specify desired weight at check out. Hams are \$10/lb and require a \$15 deposit.**

Riverdog hams are smoked over apple and alder wood chips by Roundman's Smokehouse in Fort Bragg. They range from 3.5 to 10 lbs. and contain no added nitrates. Our certified organic hogs live on 50 acres of organic pasture and enjoy an all organic diet that consists of our vegetable culls, Cowgirl Creamery whey, Three Twins Ice Cream, foraged black walnuts, acorns, grasses, farm grown grains and certified organic feed. Riverdog Farm hogs are certified organically raised animals by CCOF. Our meat is processed at non-certified organic USDA facilities therefore; the pork is not certified organic.

Check payment for January Deliveries is due by December 31st

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

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

## Quarterly Payment Schedule:

**1<sup>st</sup> Quarter**  
January/February/March  
\$312  
**2<sup>nd</sup> Quarter**  
April/May/June  
\$312  
**3<sup>rd</sup> Quarter**  
July/August/September  
\$312  
**4<sup>th</sup> Quarter**  
October/November/December  
\$288

**Annual Payment**  
\$1,176

(This amount includes 2 free boxes!)

**To view the 2018 payment schedule visit:**  
[2018 Payment Schedule](#)

## Wilted Escarole Salad

From: <https://www.bonappetit.com/recipe/wilted-escarole-salad>

### Ingredients

½ loaf country-style bread (about 8 oz.), crust removed, torn into 1" pieces (about 5 cups)  
7 tablespoons olive oil, divided  
Kosher salt and freshly ground black pepper  
2 garlic cloves, coarsely chopped  
1–2 anchovy fillets packed in oil  
¼ teaspoon crushed red pepper flakes  
2 tablespoons (or more) white wine vinegar  
1 large head escarole, outer leaves removed, inner leaves torn into large pieces

### Recipe Preparation

Preheat oven to 350°. Toss bread and 3 Tbsp. oil on a large rimmed baking sheet, squeezing bread so it absorbs oil evenly; season with salt and pepper. Spread out bread pieces in an even layer and bake, tossing occasionally, until crisp on the outside but still chewy in the center, 10–15 minutes. Let croutons cool.

Meanwhile, heat remaining 4 Tbsp. oil in a small skillet over medium heat. Add garlic and cook, stirring often, until golden, about 2 minutes. Add anchovies and, using a spoon, mash into oil. Add red pepper flakes and remove skillet from heat. Add vinegar, scraping up any bits; season vinaigrette with salt and pepper.

Just before serving, toss escarole, croutons, and warm vinaigrette in a large bowl until escarole is slightly wilted; season with salt, pepper, and more vinegar, if desired.

Croutons and vinaigrette can be made and escarole can be prepped 1 day ahead. Store croutons wrapped airtight at room temperature. Let vinaigrette cool; cover and chill. Gently reheat vinaigrette before using.

## Cabbage Carrot Salad with Cilantro Lime Mayonnaise

From: <https://greenhealthycooking.com/cabbage-carrot-salad-with-cilantro-lime-mayonnaise/>

### Ingredients

800 g cabbage  
800 g carrots  
2 cups cilantro leaves  
1 large egg  
1/2 Tbsp. mustard  
2 Tbsp. limejuice  
1 tsp. Salt  
Pepper  
avocado oil (or other flavor-less oil)

### Instructions

Cut cabbage into very thin stripes. If you have a mandolin, use it! Peel and shred carrots. If you have a processor with shredder, use it!

Wash and destalk cilantro and then chop one cup to use for the salad and leave one cup of leaves whole.

For the mayonnaise you will need a blender. Add egg,

mustard, lime, salt and pepper to blender and then use the lid without the middle part to cover. Start the blender on low so the ingredients don't spray out. Blend the ingredients together for maybe 10 seconds, then slowly pour in oil. It is important to ALWAYS do this slowly, from start to finish, never more than a spaghetti thick string of oil AND, it has to be constant. Don't stop pouring until the mayonnaise is ready. If you pour in more than a thin string you risk the mayonnaise to curdle. If this happens you will have to start all over, so be patient and maintain a steady hand. Once the blender can't continue blending because the mayonnaise has become too thick, stop the oil pouring, your mayonnaise is ready.

Spoon out about 4/5th of the mayonnaise and place in a bowl and add the cup of whole cilantro leaves into the blender. Cover and blend until all incorporated and creamy. You may have to scrape down the sides once or twice. If so, remember to first not only turn off but also disconnect the blender to avoid accidents.

Then mix the cilantro cream with the spooned out mayonnaise and season if necessary. Remember the mayonnaise has to be salty because it will serve as season for the salad. Mix salad and mayonnaise and season with salt, pepper and more lime juice to your liking.

## Basic Cooked Mustard Greens

From: <https://www.thespruce.com/basic-cooked-mustard-greens-3060134>

### Ingredients

2 bunches mustard greens (well washed) RDF Note: Try one bunch Mustard greens, 1 bunch Beet greens!  
1-pound fat back (or ham hock, salt pork, ham chunks or thick bacon)  
salt to taste  
black pepper to taste

### Instructions

Wash your mustard greens 3 or 4 times in fresh water, draining them each time. (there's nothing worse than gritty mustard greens) Then strip the leafy part from the stems and discard the stems.

In a large Dutch oven or stockpot fry 1 pound of fat back, or other pork product until browned; add the mustard greens to the pot. Fry, stirring until greens start to wilt.

Add 2 cups of water and cook until the greens are tender, about 1 hour or more. Add more water as needed.

Some people cook mustard greens, collard greens, and turnip greens all together in one pot. RDF Note: Beet greens are delicious mixed in as well. You can add a teaspoon sugar to the water to sweeten the greens. Stir frequently on medium heat so they don't burn.

Season with salt and freshly ground black pepper and serve with cider vinegar or hot pepper vinegar.