



Riverdog Farm

December 18, 2017

Riverdog Farm Veggie Box News

Box Contents:

1 lb. Baby Broccoli
1 lb. Leeks
2 hds. Batavia Lettuce
1 bu. Scarlet Queen Turnips
.5 lb. Arugula
1 hd. Bok Choy
1 Spaghetti Squash
1 hd. Red Cabbage
1 bu. Carrots

Riverdog Farm will be closed next week: 12/24/17-1/1/18.

There will be no CSA deliveries the week of 12/24. CSA deliveries will resume on January 3rd.

Please be sure to set any holiday delivery hold dates via your membership profile at least 48 hours in advance of your delivery date. Follow this link to log onto your membership profile page: <https://csa.farmigo.com/account/riverdogfarmcsa>, once signed on simply click the "Delivery Hold" tab and enter the date range that you would like to suspend deliveries. You will receive a confirmation email when the process is complete.

The farm wishes you a warm and festive holiday season. We will be having our annual farm crew party this Friday at the Guinda Grange Hall to celebrate the closure of 2017 and the coming of 2018. We're all looking forward to a weeklong break.

Box Notes: We harvest the broccoli and cauliflower with a few leaves still on the stalk. The leaves can be eaten, cooked liked other greens: steamed, sautéed, braised or in soup. The Scarlet Queen turnip greens also make great eats! The arugula is better eaten uncooked as a stand-alone salad or mixed with salad greens. Leeks are our main allium crop that we harvest throughout the winter. We will be including them in the veggie boxes until March. Use them in any dishes where you'd like a mild onion-y flavor.

Field Notes: The dry weather continues with rain forecasted for December 29 through January 1. The days are warm and sunny and the nights are very cold. Last week, we had a 23 degree night! We will continue to harvest broccoli, cauliflower, carrots, beets, greens, roots and lettuce throughout the winter months. The winter squash is winding down. Despite the cold nighttime temperatures, the winter crops are doing great. The dry spell is giving us ample opportunity to do field irrigation, weed cultivation, direct seeding winter peas for livestock grain feed, and seeding of spring brassica crops in the greenhouse.

Riverdog Farm CSA Holiday Delivery Schedule:

The farm will be closed from Sunday December 24th - January 1ST 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.***

Farmers Market Holiday Schedule:

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!

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:

1st Quarter

January/February/March
\$312

2nd Quarter

April/May/June
\$312

3rd Quarter

July/August/September
\$312

4th 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](#)

Braised Red Cabbage with Apple and Juniper

From: <https://recipes.oregonlive.com/recipes/braised-red-cabbage-with-apple-and-juniper>

Ingredients

2 tablespoons unsalted butter
1 medium red onion, halved pole-to-pole and slice thin lengthwise
1 teaspoon chopped fresh thyme
8 juniper berries, lightly crushed
2 Bay leaves
Salt
1 Granny Smith apple (or other tart variety), peeled, cored, and diced
2-1/2 pounds red cabbage, outer leaves discarded, cored, and sliced thin
1/2-cup good-quality apple-cider vinegar
1-cup apple cider
2-teaspoon brown sugar
Freshly ground black pepper

Instructions

Melt butter in large skillet (at least 12 inches wide) over medium heat. Add onion, thyme, juniper berries, bay leaves, and a generous pinch of salt; cook, stirring occasionally, until softened and just beginning to brown, 8 to 10 minutes.

Stir in diced apple, then add cabbage, handful by handful, and stir into onion mixture (all cabbage may not fit in pan at once). Cook, turning cabbage from bottom of pan to top, until cabbage is soft and wilted, 15 to 17 minutes. Add vinegar, apple cider, and brown sugar; stir to mix. Cover, reduce heat to medium low, and cook, stirring occasionally, until cabbage is very soft, silky and vibrantly colored, about 45 minutes.

Increase heat to high and cook until juices are reduced and pan is almost dry, about 5 minutes. When ready to serve, remove juniper berries and bay leaves and adjust seasoning, adding additional salt, pepper, sugar and vinegar to taste; serve.

Roasted Scarlet Turnips and Sautéed Greens

From: <http://slowclubcookery.blogspot.com/2013/07/roasted-turnips.html>

(serves 2)

Ingredients

1 bunch of turnips with greens attached
2Tbsp olive oil
2tsp lemon juice
3/4tsp regular or smoked paprika
1/2tsp salt
pepper to taste

Directions

To roast turnips:

Separate greens from turnips and set aside. Scrub and rinse turnips well, leaving skins on. Cut into equal sized wedges about 1/2" thick.

Preheat oven to 450 degrees.

In a glass baking dish or rimmed baking sheet combine turnips, 1 Tbsp. of olive oil, 1tsp lemon juice, 1/2tsp paprika and 1/4tsp salt. Toss to coat.

Roast for 20-25 minutes, flipping halfway through.

To prepare greens:

Thoroughly wash greens and trim lower, tougher stems. If the higher parts of the stem appear more tender, leave them attached.

Now this is a matter of preference- the greens can either be left whole or coarsely chopped before sautéing.

In a medium skillet, heat remaining olive oil and lemon juice over medium-low heat.

Add greens and stir to combine.

Cook, stirring occasionally, for 2-3 minutes until greens brighten and become tender.

Add 1/4tsp paprika, a pinch of salt and pepper and cook 1 minute more.

Serve roasted turnips and greens together, on their own or accompanied by a protein or grain of your choice.

Sautéed Bok Choy and Broccoli

From: <https://www.marthastewart.com/316655/sauteed-bok-choy-and-broccoli?printview>

This healthy side dish features a trio of Asian flavors -- garlic, ginger, and soy.

1-pound bok choy
1-pound broccoli
2 tablespoons canola oil
1 garlic clove, chopped
1 tablespoon finely grated fresh ginger
1 to 2 tablespoons soy sauce

Cut white stalks from bok choy; slice into 1-inch pieces. Coarsely chop green leaves.

Peel stalks from broccoli; slice 1/4 inch thick. Cut florets into bite-size pieces.

In a large skillet, boil 1/2 cup water. Add bok choy stalks and broccoli; cover. Simmer over medium-low until broccoli is bright green, 5 to 7 minutes. Uncover; cook on high until water evaporates, 2 to 4 minutes.

Add bok choy leaves, oil, and garlic. Cook, tossing often, until garlic is fragrant, 2 minutes.

Press ginger in a sieve over skillet to release juices. Stir in soy sauce.

Italian Spaghetti Squash

From: <http://www.delish.com/cooking/recipe-ideas/recipes/a46758/tuscan-spaghetti-squash-recipe/>

Ingredients

2 large spaghetti squash, halved
2 tbsp. extra-virgin olive oil
kosher salt
Freshly ground black pepper
1/2 lb. Italian sausage, casings removed
1/2 c. tomato sauce
1 c. shredded mozzarella

Directions

Preheat oven to 400°. On a large baking sheet, rub insides of spaghetti squash with olive oil and season generously with salt and pepper.

Bake until tender, 55 minutes to 1 hour. Remove from oven and heat broiler.

Once cool enough to handle, shred spaghetti squash with a fork. Meanwhile, in a large skillet over medium-high heat, cook sausage until browned.

Divide tomato sauce and sausage among halves and top with cheese.

Broil until cheese is browned and squash warmed through, 4 to 5 minutes. Serve hot.