



Riverdog Farm

March 02, 2020

Riverdog Farm Veggie Box News

Box Contents:

2 lbs Gold Oak Mandarins
1 lb Purple Daikon Radish
1 bu Green Garlic
1 lb Broccoli
1 bu Cilantro
1 lb Braising Mix
2 lb Butternut Squash
1 hd Green Cabbage

Payment by mail is due by March 31st for April deliveries:

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

Thank you for your payment if already sent!

Quarterly Payment Schedule:

1st Quarter
Apr/May/Jun
Wed/Thu/Fri: \$312
Tue/Sat: \$312

Annual Payment
\$1,152
(This includes 2 free boxes!)

Half-Year Payment
\$576
(This includes 1 free box!)

To view the 2020
Payment Schedule,
go to the bottom of this page

Field Notes: This last week was exceptionally warm for February but as we head into March, it is forecasted to rain next week. This is great news because the wind is drying everything out, even the fields that are currently irrigated. Asparagus has been picked and available ONLY at the markets in Berkeley and Sacramento for now. You will see asparagus in the CSA boxes and on the farm store at the end of March. Red Torpedo Onions will be coming to the markets next week. Look at for another carrot harvest soon. Order your Leeks and green garlic before they are out of season. Lettuce varieties have been added to the farm store.

Box Notes: ** The chickens are still been pecking away happily and laying plenty of eggs, however there are no meat birds. You don't have to wait much longer, Meat birds will be back next week. **

CSA will include CCOF Organic Certified Mandarins from Gold Oak Farm

- You can order CCOF Organic Certified Blue Heron Oranges: <https://csa.farmigo.com/store/riverdogfarmcsa>. 10 lbs. for \$20 or 20 lbs. for \$40! Place your order soon. These juicy Oranges are going fast.
- Add Riverdog Farm CCOF certified organic **eggs** to your weekly or bi-weekly CSA delivery. Just follow this link: <https://csa.farmigo.com/account/riverdogfarmcsa>

News: More drop sites have been added: Tell your friends...

Concord. This drop site is near the corner of Concord Blvd and Ayers Rd.

El Sobrante. Off of Pablo Damn Road and Appian Way.

El Cerrito. Please keep telling your friends about this site.

ALSO, we have added a new payment plan. You can pay for 6 months in advance and receive 1 box free!

Save the DATE: Easter hams are available. The farm store will be updated as the hams come in. Please place your orders for spring hams by 9:00 am, Monday April 6, 2020 to ensure a timely delivery. We have a limited supply of hams so place your order early. The weight range is 3-7 lbs. per ham. The price is \$10 per lb. Riverdog Farm hams are smoked and cured at Roundman's in Ft. Bragg. They are delivered in a cooler, frozen to your CSA delivery site. Please bring the cooler back to the drop site so others can enjoy their meat deliveries.

Purple Radish Salad with Sesame Dressing

From: <https://itsavegworldafterall.com/purple-radish-salad/>

1 purple daikon radish – sliced into matchsticks
1 carrot – sliced into matchsticks
2 green onions – thinly sliced
1 tbsp toasted sesame oil
1 tbsp rice vinegar
1 tbsp honey – sub with maple syrup to make vegan
1 lime – juiced
1 clove garlic – pressed or minced
Toasted sesame seeds – for garnish, to taste

Wash and trim the radish and carrot. Use a sharp knife or a julienne peeler to slice the veggies into matchsticks. Transfer to a mixing bowl and add the sliced green onions. In a small bowl, whisk together the sesame oil, rice vinegar, honey, lime juice, and garlic. Pour over the salad and mix until coated. Serve the salad right away or after chilling it for a couple of hours in the fridge. Top with toasted sesame seeds.

Roasted Butternut Squash Broccoli Cheddar Chicken Couscous

From: <https://www.ambitiouskitchen.com/roasted-butternut-squash-broccoli-cheddar-chicken-couscous/>

For the butternut squash:

4 cups cubed butternut squash (from about 2 pounds butternut squash)
1 tablespoon olive oil
½ tablespoon pure maple syrup
½ teaspoon chili powder
½ teaspoon garlic powder
¼ teaspoon cayenne pepper
Freshly ground salt and pepper

For the chicken:

1 tablespoon olive oil
1 pound boneless skinless chicken breast, cut into bite sized chunks (can also use boneless skinless chicken thighs)
1 teaspoon garlic powder
½ teaspoon paprika
½ teaspoon cayenne pepper
Freshly ground salt and pepper

For the broccoli cheddar couscous:

1 ¾ cup water or low sodium chicken broth
1 cup Israeli (or pearl) couscous
1 medium head broccoli, cut into small florets (about 3 ½ cups broccoli florets)
1 ½ cups shredded cheddar cheese
Freshly ground salt and pepper, to taste
Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper. Place butternut squash cubes on the baking sheet. Drizzle with olive oil and

maple syrup. Sprinkle on chili powder, garlic powder and cayenne pepper. Generously season with freshly ground salt and pepper. Use your hands to toss together so that the squash is well coated. Bake for 20-30 minutes, flipping halfway through, until the squash is tender. Once done, allow to rest on baking sheet until you are ready to add to the rest of the dish.

While the squash is cooking, cook your chicken breast. Add 1 tablespoon of olive oil to a large skillet and place over medium-high heat. Add in chicken. Immediately sprinkle with garlic powder, paprika and cayenne pepper and generously season with salt and pepper. Cook chicken for 5-8 minutes until no longer pink. Remove from heat and set skillet aside or transfer to a bowl.

To make the couscous: In this order add the following to a large pot or dutch oven: water, couscous and broccoli florets. Bring to a boil, then cover, reduce heat to low and cook for 8-10 minutes total; check after 5 minutes and give everything a stir.

Replace the lid and allow to cook for 3-5 more minutes to absorb the water. Stir again, and then add in cooked chicken and shredded cheddar. Stir to melt the cheddar.

Finally fold in the roasted butternut squash. Taste and adjust seasonings as necessary.

Iced Mandarin Orange Tea

From: <https://www.food.com/recipe/iced-mandarin-orange-tea-32114>

2 tea bags
3 cups boiling water
2 tablespoons sugar (or less)
3 tablespoons fresh lemon juice
2 cups canned mandarin juice, chilled
ice cubes or crushed ice

Place tea bags in a stainless steel or other ceramic bowl. Pour in the boiling water. Stir in the sugar and steep for 5 minutes. Remove the tea bags, allow it to cool. Add juices, stir well. Quarter fill tall glasses with ice and pour in the Mandarin tea. A nice touch is to frost the glasses in your freezer before serving.

Red = no deliveries, farm closed

Yellow = "A" week deliveries

White = "B" week deliveries

2020

January							April							July							October										
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S				
1 2 3 4							1 2 3 4							1 2 3 4							1 2 3										
B	5	6	7	8	9	10	11	A	5	6	7	8	9	10	11	B	5	6	7	8	9	10	11	A	4	5	6	7	8	9	10
A	12	13	14	15	16	17	18	B	12	13	14	15	16	17	18	A	12	13	14	15	16	17	18	B	11	12	13	14	15	16	17
B	19	20	21	22	23	24	25	A	19	20	21	22	23	24	25	B	19	20	21	22	23	24	25	A	18	19	20	21	22	23	24
A	26	27	28	29	30	31	B	26	27	28	29	30	A	26	27	28	29	30	31	B	25	26	27	28	29	30	31				

February							May							August							November										
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S				
1							1 2							1							1 2 3 4 5 6 7										
B	2	3	4	5	6	7	8	A	3	4	5	6	7	8	9	B	2	3	4	5	6	7	8	B	8	9	10	11	12	13	14
A	9	10	11	12	13	14	15	B	10	11	12	13	14	15	16	A	9	10	11	12	13	14	15	A	15	16	17	18	19	20	21
B	16	17	18	19	20	21	22	A	17	18	19	20	21	22	23	B	16	17	18	19	20	21	22	B	22	23	24	25	26	27	28
A	23	24	25	26	27	28	29	B	24	25	26	27	28	29	30	A	23	24	25	26	27	28	29	A	29	30					
31							31							30 31																	

March							June							September							December										
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S				
1 2 3 4 5 6 7							1 2 3 4 5 6							1 2 3 4 5							1 2 3 4 5										
A	8	9	10	11	12	13	14	B	7	8	9	10	11	12	13	A	6	7	8	9	10	11	12	B	6	7	8	9	10	11	12
B	15	16	17	18	19	20	21	A	14	15	16	17	18	19	20	B	13	14	15	16	17	18	19	A	13	14	15	16	17	18	19
A	22	23	24	25	26	27	28	B	21	22	23	24	25	26	27	A	20	21	22	23	24	25	26	B	20	21	22	23	24	25	26
B	29	30	31	A	28	29	30	B	27	28	29	30	27 28 29 30 31																		

 = Farm Closed
 = All "A" Week deliveries

Riverdog Farm Weekly CSA Payment Schedule 2020

Delivery Day	Tuesday	Quarter	Wednesday	Quarter	Thursday	Quarter	Friday	Quarter	Saturday	Quarter
January	96		96		96		96		96	
February	96		96		96		96		120	
March	120	312	96	288	96	288	96	288	96	312
April	96		120		120		96		96	
May	96		96		96		120		120	
June	120	312	96	312	96	312	96	312	96	312
July	96		120		120		120		120	
August	96		96		96		96		96	
September	120	312	120	336	96	312	96	312	96	312
October	96		96		120		120		120	
November	96		96		96		96		96	
December	72	264	72	264	72	288	72	288	72	288
Annual Total	1,200		1,200		1,200		1,200		1,224	
Annual w/ D	1,152		1,152		1,152		1,152			

Holiday No-Delivery Dates:

December 21 through January 1, 2020

Annual payers receive a \$48 discount (2 CSA boxes free).