



Riverdog Farm

March 29, 202

# Riverdog Farm Veggie Box News

## Box Contents:

1 lb Leeks  
1 lb Asparagus  
1 bu Green Garlic  
1 bu Baby Red Carrots  
2 hds Red Leaf Lettuce  
1 bu Curly Kale  
.66 lbs Loose Spinach

**Payment by mail is due by  
March 31<sup>st</sup> for April deliveries:**

**All Boxes \$30**

Tuesdays: \$120  
Wednesdays: \$120  
Thursdays: \$150  
Fridays: \$150  
Sat: \$120  
Sun: \$120

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

2021

Quarterly Payment Schedule:

**2<sup>nd</sup> Quarter**

April/May/June

Tu/Wed: \$390

Th/Fri/Sat/Sun: \$390

**Annual Payment**

\$1,440

(This includes 2 free boxes!)

**Half-Year Payment**

**\$720**

(This includes 1 free box!)

To view the 2021  
A/B week schedule:

**Scroll to bottom of Newsletter  
for annual calendar**

**Holiday/Easter Hams** are available on the webstore. Limited supply. The hogs are raised on organic grain, pasture, whey from Cowgirl Creamery and veggie culls. All the livestock raised on the farm is certified organic by CCOF. The meat is smoked and cured at Roundman's Smokehouse in Ft. Bragg. Because their facility is not a certified organic processing facility, we cannot label the meat as certified organic. Place your orders now to ensure your delivery arrives before Easter. Order by noon 2 days before your delivery day. Check out the webstore for the weight options.

Also on the webstore: **pastured, certified organic eggs** are available without a subscription or **Egg Subscriptions** are also available, for those subscribers who'd like a weekly delivery of a dozen delicious, golden-yolk eggs.

**Box notes:** So excited to offer asparagus in the box this week! A simple way to enjoy the asparagus is to start sautéing sliced green garlic in olive oil, then sauté the asparagus on top of the garlic until the asparagus softens. Add a bit of salt. That's it! If you can't eat one bunch of asparagus in a day, refrigerate the remainder, then slice it into smaller pieces and re-heat/incorporate into scrambled eggs for breakfast.

**Field Notes:** The redbud is still in full bloom, it's a California native leguminous shrub that blooms from mid to late March. It grows wild along the roads and in the hills. We planted some along our fence lines too because they are such great pollinator feeders/attractants. The flowers are edible. They have a sweet/sour taste. The plant was used by indigenous communities for making baskets - both for structure and design elements. Here's a link to study about the use of redbud in basket making by Native American Tribes: <https://ethnobiology.org/sites/default/files/pdfs/JoE/11-1/Anderson.pdf>.

Please encourage neighbors, friends and colleagues to sign-up for the Riverdog Farm CSA. We offer Gift Certificates (on the webstore) or you can sign up your friends and family members with a check or credit card. Print or email the Welcome email to send to the gift recipient.

## Webstore Features:

- **Holiday/Easter Hams available**
- **Organic Pasture Raised Eggs**
- **Pastured Whole Chickens**
- **Pastured Pork Cuts and pork shares**
- **Variety of Sausages**

- **Raw Mission Almonds, Raw Hartley Walnuts and vegetable items are available by the case.** Visit: <https://csa.farmigo.com/store/riverdogfarmcsa> to place your orders. Please place your orders by noon, 2 days before your delivery day to ensure same week delivery.

**Announcement for Chicken subscribers and for folks ordering chickens from the webstore: you now have the ability to specify your preferred chicken weight. At the moment, we only have chickens weighing 3.5 lbs to 4.5 lbs. Larger chickens will be available in a few months. Please look for announcements in the newsletter about the changes to available weights. There are several weights to choose from: 3.5 lbs to 4.5 lbs, by the ½ lb increment. Please login to your account and select the size you'd like. You can change the size as needed but once selected, that will be the approximate weight you receive. Make any changes by noon 48 hours before your deliver day.** quality, daily yields and weather conditions will determine final box contents each week.

**Thank you!**

The weekly box contents are subject to change. We include a list of box contents in the newsletter to give you an idea of what to expect but it may differ from what is packed. Crop

**Please pick up your veggie box on your delivery day.** Please pick up your CSA order on your delivery day so that it stays fresh and we can ensure quality. CSA site hosts may donate any unclaimed items no sooner than 24 hours after the original pick up day and time week of 3pm. **After 24 hours (3pm the following day) unclaimed/forgotten orders may no longer be available and the subscriber absorbs the subscription cost for that week's order.**

**Friendly Reminder:** A/B delivery schedules are every other week. They aren't always 1<sup>st</sup>/3<sup>rd</sup> or 2<sup>nd</sup>/4<sup>th</sup> weeks due to some months having 5 weeks.

#### **New CSA Announcements:**

1. **Chicken subscriptions** are available AND now you can choose a desired weight in whole numbers between 3lbs and 6lbs. The whole chickens (with head and feet) are \$6 per lb. The average weight is 3.5 to 7 lbs. All meat raised on the farm is pasture fed. The animals are CCOF certified organic but cannot be labeled as organic due to being processed in a facility that is not certified organic. Your account is updated weekly with the actual weight packed for you. To begin a chicken subscription, add a chicken to your account 48 hours before your delivery day. Your account is deducted with the actual price of the chicken at midnight the day after delivery.
2. **Webstore Orders:** There are chickens available on the web store. Try out a chicken with no subscription commitment. If you like it then add it to your account as a weekly subscription. There are also a limited supply of half, smoked hams available.
3. **Avedano's Members:** Please pick up your CSA boxes and all other orders at the ordering window so the Avedano's crewmember can cross off your name. We are changing this pick up policy due to product loss. If you have any questions, comments or concerns, please email [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com). ALSO you are able to return your CSA boxes to Avedano's. Please flatten box and they will take it and return it back to us.

**Site hosts: Please email the CSA manager by the morning following the delivery day about any unclaimed CSA boxes. This way, we can contact CSA subscribers to remind them to pick up their veggie boxes.**

**Please check your CSA account for the most up-to-date information such as your next delivery from our farm.**

Riverdog Farm has an Instagram account. Find us via our Instagram handle: riverdogfarm. On our account, we share images of the crops, farming, re-posts of your farm fixings photos and videos and provide market/CSA updates.

Whether you leave the box at the site or take it home to return the following week, please unfold (collapse) your box carefully to keep the end flaps from tearing. Slowly bend the two end panels towards the outer ends first then collapse (flatten) the whole box by gently folding the rest.

**Give your account 48 hours to update when making changes.** For example, when changing your account status from permanent hold to active by charging your credit card, the process may take up to 48 hours to update. The auto-pay option button is at the bottom of your account page. Please click it for auto-renewal of your CSA subscription and to ensure uninterrupted weekly veggie box deliveries.

**Frog Hollow Farm Fruit Box** The weekly fruit box is **\$29.75**. To add the Frog Hollow Fruit box to your weekly subscription, 1) go to your CSA account.

Riverdog Farm PO Box 42 Guinda, California 95637 530-796-3802 [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com)

- 2) Log in then look at the right side of your page at the **summary** box - at the bottom of that box is your subscription with a darker green box that says "change". Click on **change**.
- 3) Below the title "**CHANGE SUBSCRIPTION**" you have 2 tabs - Click on the **-options-** tab. You will see the Frog Hollow Fruit box available to add.
- 4) ALL orders must be in by **Sunday at NOON** so we have the ability to process the order and deliver it.

**The Frog Hollow fruit box will be available to add to your CSA account from Thursday to Sunday by NOON.** Due to logistics, the Frog Hollow Fruit Boxes will only be available to the **Wednesday/Thursday/Friday** subscribers. CSA subscribers who pick up on Tuesdays/Thursdays/Saturdays, at the Berkeley farmers markets may purchase directly from Frog Hollow. 12:00 pm Sunday is the deadline to change your account for the fruit box, if you enter a hold any time after that, we can cancel delivery of the box, but your account will still be charged the full amount for the Fruit box. Frog Hollow CSA boxes come with 3-4 varieties of seasonal tree ripened, exceptionally tasty stone fruits. As part of their commitment to sustainability, Frog Hollow works hard to avert food waste. You can expect to see ripe, cosmetically imperfect fruit and small or large pieces of fruit in the fruit boxes. These characteristics should not affect the deliciousness of what you receive. Visit their web site to learn more about their CSA program, farm, ethos, fruits and recommendations: [www.froghollow.com](http://www.froghollow.com)

- **Keeping it safe:** We are so pleased to announce that the majority of the farm employees, including farmer's market staff, have been vaccinated for COVID-19 thanks to the free vaccination program implemented by Yolo County in partnership with Yolo County Department of Health, the Yocha Dehe Fire Department and local farms who hosted local vaccination clinics. We continue to implement our COVID-19 prevention protocol on the farm per the CDC and Cal-OSHA recommended best practices. Prevention measures include: required face covering and glove wearing, 6-foot distancing in the workplace, hand sanitation and employees are not allowed to work with symptoms of COVID-19.
- **Reminder:** So that your subscription continues uninterrupted, please make sure your credit card on file is up to date on your CSA account. For those who need to end the CSA subscription before your balance is at \$0, you **MUST** contact the farm through email to request cancellation. You may put your account on a DELIVERY hold if you will be gone for periods of time.
- Please pick up your veggie box on your delivery day. It's important to pick up your veggie box the day of delivery to maintain freshness.
- For any changes you need to make to your account, the cut off time is 12:00 NOON, 2 days before your delivery day. Remember to make any changes to your account such as payment renewal, webstore orders or delivery holds by 12:00 NOON, 2 days before your delivery day. Thank you!

**"Delivery hold"** is used for short periods of time – use this option 48 hours in advance to schedule the deliveries you are unable to pick up.

**"Permanent Hold"** is used for long periods of time – use this option if you are gone for extended periods of time and wish to resume your account when you get back. You must change your status to "active" when you return in order to resume deliveries.

**"Cancel"** is used to delete membership details, this means you would need to re-enter delivery status, subscriptions, and credit card information when you resume the Riverdog Farm CSA

### **Basic Roasted Asparagus**

From: <https://cookieandkate.com/perfect-roasted-asparagus-recipe/>.

- 1 large bunch (about 1 pound) fresh asparagus
- 1 to 2 teaspoons olive oil
- Salt, to taste
- Freshly ground black pepper, to taste

### **Seasonings (use one or all)**

- Zest and juice of ½ medium lemon, preferably organic
- Lemon wedges, from the remaining ½ lemon
- Sprinkle of finely grated Parmesan cheese
- Small handful of fresh mint or parsley, finely chopped
- Light sprinkle of red pepper flakes

**Other options**

- Pat or two of butter
- Light drizzle of balsamic reduction or thick balsamic vinegar
- Toasted sliced almonds

**Instructions**

1. Preheat the oven to 425 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy cleanup. Snap off the woody ends of the asparagus (if you sharply bend the asparagus near the base, it will snap in the right place). Discard the ends.
2. Place the asparagus on the sheet and drizzle with 1 to 2 teaspoons olive oil, just enough to lightly coat the asparagus. Sprinkle salt and pepper over the asparagus, and toss until the spears are lightly coated in oil. Arrange the spears in a single layer on the pan.
3. Bake just until the base of the asparagus is easily pierced through by a fork. Very thin asparagus, like the kind shown here, will take as little as 9 to 12 minutes, whereas thicker asparagus will need 15 to 20 minutes.
4. Transfer the roasted asparagus to a serving platter and season however you'd like. You could keep it simple with a squeeze of lemon juice, or a sprinkle of Parmesan, or add a pat of butter or drizzle of balsamic vinegar.
5. Roasted asparagus is best served when it's fresh out of the oven, but it will keep at room temperature for up to 1 hour or up to 4 days in the refrigerator (gently reheat before serving).

**Yellow = "A" week deliveries, White = "B" week deliveries**

**Farm Closed for the CSA Deliveries from December 24, 2021 - January 3, 2022**

