



Riverdog Farm

May 11, 2020

Riverdog Farm Veggie Box News

Box Contents:

About 1 lb Little Gem Lettuce
2-3 Red Spring Onions
2-3 heads Green Garlic
1 bu Dino Kale
1 bu Oregano
1.5 lbs Loose Carrots
About 1 lb Bok Choi OR about 1 lb Mei
Qing Choi

Payment by mail is due by May 31st for June deliveries:

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

Thank you for your payment if already sent!

Quarterly Payment Schedule:

2nd Quarter
Apr/May/June
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, A/B week
schedule -
Scroll to bottom of Newsletter**

Field Notes: After a day in the high 90s last week, an expected cooling trend brought wind and rain to the farm on Monday. The cooler temperatures help sustain and extend the spring crop season and support the summer crop transition from the greenhouse to the field.

Box Notes: The oregano in your box this week can be used fresh or dried. To dry, hang in your kitchen out of direct light. Use as needed by breaking leaves off of the stem.

We have received customer feedback about ways to avoid the use of plastic bags for veggie box packaging. We have switched to using only paper bags when we unitize weighed items that are dry such as peas and fruit. When produce, such as carrots, are washed and weighed, we use plastic bags to keep the moisture from washing in the bag. Any produce we can pack without bagging – lettuce, kale, chard, onions, bok choy, asparagus - helps streamline the box assembly process and reduces material usage. Thank you for your feedback, we appreciate it!

When we pack items without the use of bags, weights are estimated. For example, we'll put 4-6 heads of little gem lettuce in the box depending on their size to get close to 1 lb of lettuce and for the bok choy, a similar approach: 2-4 heads will make a pound depending on the size of each head so you may receive 2 bigger heads or 3-4 smaller ones.

Webstore Updates: White Grapefruit, Juicing Navel Oranges, and Gold Nugget Mandarins are still available. The white grapefruit and juicing oranges are from an old orchard in Esparto. They are not certified organic but are grown without the use of synthetic fertilizers or pesticides. The Gold Nugget Mandarins are from Fruit World Co. in Reedley and are CCOF-certified organic. The best storage method for the fruit is: keep it refrigerated. Please place webstore orders 48 hours prior to your delivery day to ensure same week delivery. Due to a limited supply of pastured hogs, the pork will only be available at farmer's markets at this time. We will update the webstore as product availability changes so please check it often.

With the Shelter-in-Place order still in effect in Yolo County, we continue to implement our COVID-19 prevention protocol on the farm per the CDC and Cal-OSHA recommended best practices.

Because of the recent surge in CSA subscriber sign-ups, we have added some new drop sites in **Berkeley, Piedmont, Oakland, and Woodland**. We also have a new drop site at **Zuni Café** in SF. Visit www.riverdogfarm.com to view the new sites to see if there is a location that is more convenient for you. You may change your pick up site 48 hours prior to delivery by logging into your account and selecting a new pick up location.

Here are some updates/changes/reminders:

- **New** chicken orders are not available for now via the CSA. The weekly chicken subscriptions and orders placed prior to 3/21/20 will be fulfilled. There is a waitlist for new chicken orders placed after 3/21/20.
- **New** egg orders and add-on dozens are not available at this time via the CSA. There is a waitlist currently for new egg orders/egg subscriptions. You may purchase eggs at the farmers markets in Berkeley and Sacramento when available. At markets, the eggs are available first come first serve.

- **New Egg Pick Up Procedure:** At each delivery site, the eggs will be in a box with an open lid with a list of egg order names attached. Please look at the list, make sure your name is on the list, only take the eggs that are on the list. Please wear gloves and mask when picking up your order. Please only touch the eggs that you're picking up. Do not touch any other egg cartons. Do not open any egg cartons. We are no longer labeling the egg cartons with subscriber names. Keep the site safe. Thank you!
- Please respect the site host's privacy when you pick up your order. Do not knock on the site host doors. Call the farm if you need assistance finding the boxes, if an item is missing from your order, or your name is not on the sign-in sheet.
 - Please take only the items that are yours. Check order labels for your name and match them to the items listed on the sign-in sheet. If you inadvertently picked up an item that is not yours, let the farm know so we can let the subscriber know.
 - **NEW** A/B subscriptions are no longer available.
 - **Take the brown paper box liner with you to recycle at home. Gently unfold the cardboard boxes and place in stack with other cardboard boxes. Please help keep the site host space tidy and ready for the driver to pick up the following week.**
 - To skip CSA Box deliveries, please login to your account and enter your skip weeks as a Monday-Friday selection: <http://www.riverdogfarm.com/csa> .
 - For current A/B week subscribers please note that the delivery schedule is every other week. Some months may have 3 deliveries, some may only have 2 but the schedule is every-other-week for your deliveries.
 - **Reminder:** So 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, you **MUST** contact the farm through email to request cancellation.
 - Your subscription will continue and boxes will be delivered until you, the member, send us this email request. We will confirm the cancellation request via email. Thank you!

Miso Soup with Tofu, Bok Choy, and Scallions

From: <https://www.thespruceeats.com/dairy-free-miso-soup-1001175>.

- 2 quarts dashi, or other soup stock
 - 1/4 cup white miso
 - 1/4 cup red miso
 - 1 16-ounce block extra firm tofu, pressed and chopped into 1" cubes
 - About 4 bunches baby bok choy, coarsely chopped
 - 4 scallions, thinly sliced
1. Gather the ingredients.
 2. In a large saucepan or stock pot, bring the dashi or stock to a simmer over medium-high heat but *do not* boil. Combine the white and red miso in a small dish, then add 1 1/2 cups of the hot dashi and whisk to combine. Set aside.
 3. Simmer the dashi for 5 minutes more. Gently stir in the tofu and simmer for another 5 minutes. Again - do not boil. Add the baby bok choy, scallions, and miso mixture, and cook for another 5 minutes, or until the bok choy is slightly wilted but still bright green.
 4. Serve immediately while hot, taking care to stir before serving as the miso will settle.

Fresh Oregano Pesto

From: <https://www.wholefoodbellies.com/how-to-use-up-lots-of-oregano-oregano-pesto/>.

To make oregano pesto you'll need:

- Fresh oregano
- Parmesan cheese
- Garlic, peeled
- Raw almonds
- Salt and pepper
- Olive oil
-

Place into a blender, blend until pureed.

To store: pop into the fridge for around 5-7 days. I usually put an extra little layer of olive oil on top of the pesto. This helps preserve the pesto and prevents browning on top.

To freeze, place the pesto into ice cube trays. Once frozen remove and store in a ziploc bag until needed.

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				
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				
B	2	3	4	5	6	7	8	A	3	4	5	6	7	8	9	B	2	3	4	5	6	7	8	A	1	2	3	4	5	6	7
A	9	10	11	12	13	14	15	B	10	11	12	13	14	15	16	A	9	10	11	12	13	14	15	B	8	9	10	11	12	13	14
B	16	17	18	19	20	21	22	A	17	18	19	20	21	22	23	B	16	17	18	19	20	21	22	A	15	16	17	18	19	20	21
A	23	24	25	26	27	28	29	B	24	25	26	27	28	29	30	A	23	24	25	26	27	28	29	B	22	23	24	25	26	27	28
								A	31						B	30	31					A	29	30							

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				
B	1	2	3	4	5	6	7	A	1	2	3	4	5	6	B	1	2	3	4	5	A			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				A	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).