



Riverdog Farm

June 22, 2020

Riverdog Farm Veggie Box News

Box Contents:

1.5 lbs Carrots
.5 lbs Mixed Summer Squash
1 lb Early Girl Tomatoes
OR 1 lb Santa Rosa Plums
1 lb Green Beans
1 lb Royal Blenheim Apricots
.5 lbs Spinach

Field Notes: Warm weather at the end of last week and this week will speed up the ripening of the tomatoes, peppers, eggplant, and melons. Summer seems to be happening early in our region with many crops that usually start in July happening now. We will also have early sweet corn next week!

Box Notes: So much summer goodness in the veggie boxes this week! Many first harvests to taste and enjoy: early girl tomatoes and green beans! These 2 summer highlights are great together: steam the green beans then cut the tomatoes on top, add thinly sliced red onions, minced garlic, drizzle with olive oil and add salt and pepper. The Royal Blenheim Apricots are from Capay Organics in the town nearby called Capay and are CCOF-certified organic.

Webstore Updates: For the jam makers out there: **Apricots** and **Santa Rosa Plums** are now available for \$35 per 10 lb case. There are about 50 cases of apricots and 100 cases of Santa Rosa plums available. The apricots are CCOF-Certified Organic from Capay Organics. The plums are grown here at Riverdog Farm. The plum trees are 20 years old. We planted them when we bought the property in 2000. They are in the field next to the farm office, packing shed, and greenhouses. The trees are producing beautiful fruit this year. There are 10 **hams** from our pastured pork available. The hams are smoked and cured at Roundman's in Ft. Bragg. The chickens and hogs are raised using certified organic methods. The meat is not labeled as organic because we process the meat in facilities that aren't certified organic.

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

When you pick up your CSA box, you may transfer the contents into your own bags and leave the box, flattened please, at the site for pick up by the driver the following week. 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 to your account. For example, when changing your account status from permanent hold to active by charging your credit card, the status may take up to 48 hours to update.

Payment by mail is due by June 30st for July deliveries:

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

Thank you for your payment if already sent!

Quarterly Payment Schedule:

2nd Quarter
Jul/Aug/Sept
Tu/Thu/Fri/Sat: \$312
Wed: \$336

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

- **Thank you** for keeping the pick-up sites tidy and for bringing the paper liners home to recycle. Our site hosts and delivery drivers appreciate your diligence with the upkeep of the sites.
- **Keeping it safe:** with the Shelter-in-Place order still in effect in Yolo County and throughout California, 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, employees are not allowed to work with symptoms of COVID-19 illness, increased frequency of hand-washing/hand sanitizing, and increased sanitizing of the packing shed high touch areas including stainless steel wash tubs, packing tables and walk-in cooler door handles.
- Because of the recent surge in CSA subscriber sign-ups, we have added 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:**
At this time, **new** chicken orders are not available 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 via the CSA after 3/21/20. You may purchase a whole chicken at any one of the 3 markets in Berkeley or the 1 in Sacramento. First come, first serve.
- **New** egg orders and add-on dozens are not available at this time via the CSA. There is currently a waitlist 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 names of those whom ordered eggs. Please look at the list, make sure your name is on that list, and only take a carton of eggs if your name is on that list. Please use a face covering and precaution while picking up your order. Please only touch the carton of eggs that you're picking up. Do not touch any other egg cartons. Do not open any egg cartons. To simplify the driver's deliveries, we are no longer labeling the egg cartons with subscriber names. Keep the site safe and tidy. Thank you!

- **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 member know and fix the issue. Please respect the site host's privacy when you pick up your order. Do not knock on the site host doors. Call or email the farm if you need assistance finding the boxes, if an item is missing from your order, or your name is the not on the sign-in sheet.
- **NEW** A/B subscriptions are no longer available. If you wish to skip weeks, use the delivery hold tab to skip the weeks you wish to not receive a box. 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> .
- **Take the brown paper box liner with you to recycle at home. Gently unfold the cardboard boxes and place in a stack with other cardboard boxes. Please help keep the site host space tidy and ready for the driver to pick up the following week.**
- 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. See below for the 2020 A/B schedule.
- **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 before your deliveries end, 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. If you wish to cancel your account, you may call or email the farm and we can cancel it for you.

"Delivery hold" is used for short periods of time – you 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 – you use this option if you are gone for extended periods of time and wish to resume your account when you get back. You must reinstate your status back 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.

Garlic Green Beans with Olive Oil and Parmesan

From: <https://juliasalbum.com/garlic-green-beans/>.

Garlic Green Beans are cooked in olive oil and tossed with lemon juice and freshly grated Parmesan cheese. This easy side dish will be a great addition to any dinner! These are the best green beans as they are easy and quick to make. There are only 6 basic ingredients and total 20 minutes of cooking time.

Ingredients

- 1 pound green beans fresh, rinsed, ends trimmed
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 6 cloves garlic minced
- 1 tablespoon lemon juice freshly squeezed
- 1/2 cup Parmesan cheese grated

Instructions

1. Bring a large pot of water to boil, add green beans and 1/2 teaspoon salt. Cook on medium-low heat for 5 minutes, drain the beans.
2. Heat olive oil in a large skillet on medium heat. Add minced garlic and cooked green beans.
3. Saute on medium heat for about 2 minutes to combine all ingredients.
4. Remove from heat. Add freshly squeezed lemon juice and stir. Add grated Parmesan cheese and stir. Taste and add more salt, if needed.

Apricot Upside Down Cake

From: <https://www.tasteofhome.com/recipes/apricot-upside-down-cake/>.

2 large eggs, *separated*

2 cans (15 ounces each) apricot halves [or use fresh apricots- RDF note, make a simple sugar syrup for the reserved syrup needed]

1/4 cup butter, cubed

1/2 cup packed brown sugar

2/3 cup cake flour

3/4 teaspoon baking powder

1/4 teaspoon salt

2/3 cup sugar

- Place egg whites in a small bowl; let stand at room temperature 30 minutes. Preheat oven to 350°. Drain apricots, reserving 3 tablespoons syrup (discard remaining syrup); set aside.
- Place butter in a 9-in. square baking dish. Place in oven 3-4 minutes or until butter is melted; swirl carefully to coat evenly. Sprinkle with brown sugar. Arrange apricot halves in a single layer over brown sugar, cut side up.
- In a small bowl, whisk flour, baking powder and salt. In a large bowl, beat egg yolks until slightly thickened. Gradually add sugar, beating on high speed until thick and lemon-colored. Beat in reserved apricot syrup. Fold in flour mixture.
- With clean beaters, beat egg whites on medium speed until stiff peaks form. Fold into batter. Spoon over apricots. Bake 35-40 minutes or until a toothpick inserted in center comes out clean. Cool 10 minutes before inverting onto a serving plate. Serve warm.

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	B				1	2	3	4	A				1	2	3	4	B					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	B						1	2	A							1	A				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							
								A	31							B	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					
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				B	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).