



Riverdog Farm

November 2, 2020

# Riverdog Farm Veggie Box News

## Box Contents:

2 lbs Yellow Finn Potatoes  
1 bu Tokyo Turnips  
1 bu Rapini  
1 hd Green Cabbage  
1 bu Red Beets  
4 Delicata Squash  
0.5 lbs Braising Mix

**Payment by mail is due by  
October 31st for November  
deliveries:**

### All Boxes \$30

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

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

Quarterly Payment Schedule:

### 4th Quarter

Oct/Nov/Dec

Tu/Wed/Thu/Fri/Sat: \$330

### Annual Payment

\$1,440

(This includes 2 free boxes!)

### Half-Year Payment

\$720

(This includes 1 free box!)

To view the 2020

Payment Schedule,  
A/B week schedule:

**Scroll to bottom of Newsletter**

**Field Notes:** Today at the farm we're enjoying chicken soup and tamales, made by Eva who washes and packs all the eggs and meat orders. She made them yesterday to celebrate Dia De Los Muertos. It's starting to be chicken soup weather. You can add a chicken to your weekly delivery via the webstore or start a chicken subscription to receive a weekly chicken order with your veggie box delivery. The chickens are fed an all-organic diet of grain, produce culls and pasture. All meat orders are delivered frozen.

**Webstore Features: Canning Tomatoes (Early Girl), Sauce Tomatoes (Slicers), Whole Chicken, Hams and Pork shares - 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.

**Box Notes:** The Rapini is a part of the cruciferous plant family. It's in the same group as cabbage, broccoli, kale, mustard, and cauliflower. It's a somewhat unusual type of cooking green. It's known for the small broccoli shaped florets, tender leaves, and slightly bitter taste. See the recipe below for one way to reduce some of the bitterness of the greens by blanching them first.

**Each week, the veggie 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 quality, daily yields and weather conditions will determine final box contents each week.**

**Please pick up your veggie box on your delivery day.** With very warm summer temperatures continuing through the first part of fall, 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 boxes of vegetables no sooner than 24 hours after the original pick up day and time of 3pm. **After 24 hours (3pm the following day) unclaimed orders may no longer be available and the subscriber absorbs the box cost for that week's order.**

## New CSA Announcements:

1. **Chicken subscriptions** are now available. 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 of delivery.

2. **Webstore Orders:** There are chickens available on the web store. Try out a chicken with no commitment, if you like it then add it to your account as a subscription. There are also whole, smoked hams available.
3. **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.**

**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. 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**. 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. 5) ALL orders must be in by **Sunday at NOON** so we have the ability to process the order and get it out to you on the proper day and time.

**The Frog Hollow fruit box will be available to add to your CSA account from Thursday to Sunday at NOON.** And, 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. Summer CSA boxes contain 7 lbs. of mixed stone fruit, many varieties of peaches, plums, nectarines and pluots. 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 and fruits and recommendations: [www.froghollow.com](http://www.froghollow.com).

**The weekly veggie box is now \$30.** The veggie box will include 7-9 items OR the box may include an increased quantity of some items. The farm uses the farmers market pricing to determine the box value. The pricing includes administration and packing/delivery costs in addition to the value of the produce.

Riverdog Farm has an active Instagram account. Find us via our Instagram handle: [riverdogfarm](https://www.instagram.com/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 status 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.

**Please check your CSA account for the most up-to-date information such as your delivery schedule.**

- **Keeping it safe:** 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. 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 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 email the farm and we can cancel it for you.
- Please pick up your veggie box on your delivery day. As the temperatures heat up, it's important to pick up your veggie the day of delivery to maintain freshness.
- For any changes you need to make to your account, the cut off time is 12 noon 2 days before your delivery day. Remember to make any changes to your account such as payment renewal or delivery holds by 12 noon 2 days before your delivery day. Thank 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 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

## Vegetable Cabbage Soup

<https://www.delish.com/cooking/recipe-ideas/a21581173/best-cabbage-soup-recipe/>.

2 tbsp. extra-virgin olive oil  
1 large onion, chopped  
2 carrots, chopped  
2 stalks celery, minced  
1/2 tsp. chili powder  
Kosher salt  
Freshly ground black pepper  
1 (15-oz.) can white beans, drained and rinsed  
2 cloves garlic, minced  
1 tsp. thyme leaves  
4 c. low-sodium chicken (or vegetable) broth  
2 c. water  
1/2 large head cabbage, chopped  
1 (15-oz.) can chopped fire-roasted tomatoes  
Pinch red pepper flakes

2 tbsp. freshly chopped parsley, plus more for garnish

1. In a large pot (or dutch oven) over medium heat, heat olive oil. Add onion, carrots, and celery, and season with salt, pepper, and chili powder. Cook, stirring often, until vegetables are soft, 5 to 6 minutes. Stir in beans, garlic, and thyme and cook until garlic is fragrant, about 30 seconds. Add broth and water, and bring to a simmer.
2. Stir in tomatoes and cabbage and simmer until cabbage is wilted, about 6 minutes.
3. Remove from heat and stir in red pepper flakes, and parsley. Season to taste with salt and pepper. Garnish with more parsley, if using

## Broccoli Rabe (Rapini) with Garlic Parmesan and Lemon

From: <https://www.tasteloveandnourish.com/broccoli-rabe-rapini-with-garlic-parmesan-and-lemon/>.

Following this method and pairing the broccoli rabe with these ingredients, yields a less bitter and really delicious side-dish.

Serves: 4 to 6

### Ingredients

- 1 bunch broccoli rabe rapini
- 2 teaspoons fine kosher salt
- 3 tablespoons olive oil
- 2 cloves garlic smashed
- additional salt and pepper to taste
- 3 to 4 ounces freshly shaved Parmesan omit to keep this vegan or sub with vegan cheese
- zest of one lemon
- 1/4 cup golden raisins

### Instructions

- Rinse the broccoli rabe and trim any tough stems.

- Bring a large pot of water to a boil over high heat. Add the salt and the trimmed broccoli rabe. Return to a boil and simmer for 3 to 5 minutes, or up to 6 or 7 minutes if your broccoli rabe is mature.
- Using tongs, remove the broccoli rabe and set on a baking sheet lined with a clean dishtowel.
- Over medium-high heat add the olive oil to a sauté pan with the smashed garlic cloves. Cook the garlic for about 2 minutes, then remove them. Add the broccoli rabe and sauté for just a minute or two. Season with a bit more salt and some pepper.
- Move the broccoli rabe to a serving platter. Top with some shaved Parmesan, lemon zest and golden raisins. Serve warm.

# Sautéed Japanese Turnips With Turnip Greens Recipe

From: <https://www.seriousseats.com/recipes/2016/06/japanese-turnips-saute-easy-side-dish-recipe.html>.

- Kosher salt
- 1 1/2 pounds (675g) Japanese (Hakurei) baby turnips, with green tops
- 3 tablespoons (45ml) extra-virgin olive oil, plus more for drizzling
- Freshly ground black pepper

Bring a medium pot of salted water to a boil. Meanwhile, cut greens from turnip bulbs, leaving a small portion of stem (less than 1/2 inch) attached to each bulb. Wash leafy greens and turnips well of any sand. Peel turnips. (You can also leave the turnip skin on, as it's edible, in which case, just wash and scrub them extra well.) Slice each turnip pole to pole into 4 to 6 wedges of 1/2 inch thick each.

Add leafy greens to boiling water and cook just until tender, 1 to 2 minutes. Using tongs or a spider, transfer greens to cold water to chill, then drain, squeeze out excess water, and chop into small pieces.

Heat oil in a cast iron, carbon steel, or stainless steel skillet over high heat, just until the first wisps of smoke appear. Add turnip wedges, season with salt and pepper, and cook, stirring and tossing occasionally, until well browned in spots, about 3 minutes; lower heat if turnips threaten to burn.

Add chopped greens and toss to combine, cooking just until greens are warmed through, about 1 minute longer. Drizzle with fresh oil, season with salt and pepper, and serve.

**Yellow = "A" week deliveries, White = "B" week deliveries**  
**Red = No Deliveries – Farm Closed**

2020																															
<b>January</b>			<b>April</b>			<b>July</b>			<b>October</b>																						
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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	
<b>February</b>			<b>May</b>			<b>August</b>			<b>November</b>																						
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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
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<b>March</b>			<b>June</b>			<b>September</b>			<b>December</b>																						
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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												
= Farm Closed						= All "A" Week deliveries																									