



Riverdog Farm

November 30, 2020

Riverdog Farm Veggie Box News

Box Contents:

0.6 lbs Almonds
1 Spaghetti Squash
1 hd Napa Cabbage or 2-3 hds
Mei Qing Choi
1 bu Tokyo Turnips
1 bu Carrots
1 lb Spinach
1 bu Rapini

**Payment by mail is due by
November 30th for December
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
for annual calendar**

Box Notes: The famous Riverdog Farm Nantes variety carrots are back! They are great raw (sweet and crunchy), in soup or roasted. The almonds are raw. They are delicious as is, or in a Good Old Raisins and Peanuts (GORP) combo or lightly toasted in a cast iron skillet. They can be doctored up with soy sauce and olive oil. See the toasted almond recipe below.

Field Notes: We are busy prepping the fields for the winter and planting grain for livestock feed. The dry weather is giving us more time to prepare for winter but we need rain. Fingers crossed for rain soon! The dry weather means that when it's colder at night and often when there's a full moon, jack frost is more likely to land. We've had several nights recently of heavy frost so with the coldness look forward to very sweet spinach/greens, carrots and roots. The frost hardy vegetables become sweeter when exposed to frost and as long as they are harvested after the frost has melted (by mid-morning), the plant's cellular structure can withstand the frost.

Webstore Features: Holiday Hams, Whole Chickens and vegetable items 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.

For those interested in ordering hams: please place your order early! We only have 21 smoked and cured (fully cooked) whole hams left for delivery before the winter holiday. They come frozen so you can store them in your freezer until you're ready to re-heat them. The farm will be closed from December 23, 2020 to January 3, 2021. We will be at the Berkeley Farmer's Market on Tuesday, December 22, so CSA boxes will be delivered to the market that day. We will be at the Berkeley Farmer's Market on January 2, 2020 but there will be no CSA deliveries that day.

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 warm summer temperatures continuing through the 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 subscription cost for that week's order.**

New CSA Announcements:

1. **Chicken subscriptions** are 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 deliver it on your preferred delivery day.

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.

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. 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 pm 2 days before your delivery day. Remember to make any changes to your account such as payment renewal or delivery holds by 12:00 pm 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

How to Cook Spaghetti Squash

From: <https://www.delish.com/cooking/a20086127/how-to-cook-spaghetti-squash/>.

RDF Note: This method of cooking squash can be used for all the squash varieties.

1 medium spaghetti squash
1 tbsp. olive oil
Kosher salt
Freshly ground black pepper

Preheat the oven to 400°. Cut spaghetti squash in half lengthwise and scoop out seeds. Drizzle with olive oil, and season with salt and pepper. Place cut side down on baking sheet and roast until flesh is easily shreddable, 40 minutes.

Sesame Soy Braised Mei Qing Choi

From: <https://www.prospectheightscsa.org/recipes/2018/1/16/sesame-soy-braised-mei-qing-choi>

RDF Note: Spinach, kale, chard, rapini and any cabbage variety (especially Napa Cabbage) can be used in place of or in combination with the Mei Qing Choi in this recipe.

- 1 head (or 6-8 baby heads) Mei Qing choy
- 2 Tbs peanut oil
- 1 Tbs grated ginger
- 1 Tbs minced garlic
- ½ cup chicken stock
- 1 Tbs toasted sesame oil
- 2 Tbs soy sauce
- 2 tsp rice vinegar
- 1 tsp sugar
- Salt and pepper to taste
- 2 Tbs sesame seeds

Trim the root end off of the Mei Qing Choi. Slice the leafy portions of the plant from the stalks. Chop both the leaves and the stalks, keeping the two piles separate. Heat very large, heavy skillet or wok until it looks hazy over the surface, 2-4 minutes. Add peanut oil and swirl it to coat the pan. Add bok choy stems; stir-fry about 5 minutes.

Add ginger and garlic and stir-fry briefly. Add Mei Qing Choi greens, chicken stock, sesame oil, soy sauce, rice vinegar, sugar, and salt and pepper to taste. Cover; reduce heat to medium-low, and cook until bok choy is tender and glazed with sauce, 5-8 minutes.

Remove cover, sprinkle with sesame seeds, increase heat to medium-high, and cook until excess liquid evaporates, 2-3 minutes. Adjust seasonings to taste.

Tamari Roasted Almonds

From: <https://www.foodandwine.com/recipes/tamari-roasted-almonds>.

- 1 pound almonds
- 3 tablespoons tamari or soy sauce

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- 2 tablespoons melted unsalted butter
- Salt
- Cayenne pepper

Directions

Preheat the oven to 350°. Spread the almonds on a large rimmed baking sheet and roast for 15 minutes, until browned; let cool. Reduce the oven temperature to 300°. Toss the almonds with the tamari, then toss with the butter. Roast the almonds for 10 minutes, stirring, until richly browned. Let cool. Season with salt and cayenne and serve.

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

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	A	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
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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	6	7	A	1	2	3	4	5	6	7	
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																									