



Riverdog Farm

December 2, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 1 ½ lbs Broccoli
- 1 ½ lbs Fuyu Persimmons
- 1 Red Cabbage
- ½ lb Spinach
- 1 bu Carrots
- 1 bu Toyko Turnips

Payment by mail is due by December 31 for January deliveries:

- Tuesdays: \$96
- Wednesdays: \$96
- Thursdays: \$96
- Fridays: \$96
- Sat: \$96
- Sun: \$96

Thank you for your payment if
already sent!

Quarterly Payment Schedule:

4th Quarter
Oct/Nov/Dec
\$288

Annual Payment
\$1,152

(This amount includes 2 free
boxes!)

To view the 2019 payment
schedule visit:
[2019 Payment Schedule](#)

Field Notes: Hooray for the rain! The rain started in earnest on Saturday and throughout the week, about 3 inches have landed so far. This is a great beginning of the rain season. We're hoping for many more inches to fall and accumulate in the aquifer and in surface water. The irrigation team on the farm feels relieved when the rainy season starts because it means they get a long break from moving aluminum pipe sets and their routine changes from keeping plants hydrated to doing other tasks around the farm like fence mending, maintenance, and occasionally, crop harvest.

Box Notes: The Fuyu persimmons are from a neighboring farm. They aren't certified organic but the grower doesn't use synthetic fertilizers or pesticides. They can be eaten firm, slice like an apple, no need to peel.

Holiday Hams are now available for ordering. There are only 6 or so hams left so please place your order soon. The available hams average 9 lbs each. For the winter holiday, the ordering deadline is Monday December 16, 2019. The smoked hams are \$10 per lb. The hams come from our pasture raised hogs that are fed an all organic diet of produce culls, whey from Cowgirl Creamery, certified organic grain and rye grass. You can place your order by emailing the farm: csa@riverdogfarm.com.

Holiday Schedule:

December CSA: The farm will be closed from Sunday December 22 through Sunday January 5, 2020. We will resume the regular CSA delivery schedule the week of Monday January 6, 2020 with the exception of delivering CSA boxes to the Saturday market on January 4, 2020.

Farmers Markets: The Berkeley Farmer's Market will be closed: Tuesday December 24, 2019, Thursday December 26, 2019, Saturday December 28, 2019 and Tuesday December 31, 2019. We will not attend the farmers market in Berkeley on January 2, 2020. We will not be at the Sacramento Sunday farmers markets on Sunday December 29, 2019. Our first farmer's market in 2020 will be: Saturday January 4 in Berkeley on Center and MLK.

CSA Payment Schedule

Quarter 4: Wednesdays \$288 Thursdays \$288 Fridays \$288
Annual Payment (annual payers receive 2 complimentary veggie boxes): \$1,152

We'll include the 2020 delivery schedule in next week's newsletter.

We encourage you to consider making the annual payment for your veggie box deliveries. This helps support the farm by providing advance purchasing power for labor, seeds, fertilizers, and other farming expenses that are essential to the farm's operations. Thank you for supporting the farm with your continued CSA subscription!

Spinach and Persimmon Salad

From: <https://www.myrecipes.com/recipe/spinach-persimmon-salad>.

1/4 cup rice vinegar
2 tablespoons orange marmalade
1 teaspoon toasted sesame oil
Salt and pepper
5 quarts baby spinach leaves (1 1/4 lb), rinsed and crisped
3 firm Fuyu persimmons (5 oz each), peeled and sliced into thin wedges
3/4 cup glazed pecans
[RDF Note: Add thinly shredded red cabbage to the salad too!]

In a large bowl, mix vinegar, marmalade, and sesame oil. Add salt and pepper to taste. Add spinach, persimmons, and pecans. Mix gently to coat with dressing.

Chef's Notes

The dressing and persimmons for this salad can be prepared up to 4 hours ahead; wrap fruit airtight and chill. Assemble the salad shortly before serving. You'll find glazed pecans in the nut section of your supermarket.

Potato and Broccoli Soup

From: <https://www.foodandwine.com/recipes/potato-and-broccoli-soup>.

- 2 tablespoons butter
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 3/4 pounds broccoli, thick stems peeled and diced (about 2 cups), tops cut into small florets (about 1 quart)
- 1 1/2 pounds boiling potatoes (about 5), peeled and cut into 1/2-inch cubes
- 3 cups canned low-sodium chicken broth or homemade stock
- 3 cups water
- 1 3/4 teaspoons salt
- 1/4 teaspoon fresh-ground black pepper
- 1/2 cup grated Parmesan

Step 1

In a large pot, melt the butter over moderately low heat. Add the onion; cook, stirring occasionally, until translucent, about 5 minutes.

Step 2

Add the garlic, broccoli stems, potatoes, broth, water, salt, and pepper. Bring to a boil. Reduce the heat and simmer until the vegetables are almost tender, about 10 minutes.

Step 3

In a food processor or blender, pulse the soup to a coarse puree. Return the soup to the pot and bring to a simmer. Add the broccoli florets and simmer until they are tender, about 5 minutes. Stir 1/4 cup of the grated Parmesan into the soup, and serve the soup topped with the remaining cheese.

Notes

Variation

If you'd prefer a completely smooth soup, add the broccoli florets to the pot after the potatoes have cooked for five minutes, and continue simmering until all of the vegetables are tender, about five minutes more. Puree the soup until smooth. This would also make a great first course for six people.