



Riverdog Farm

December 9, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 1 ½ lbs loose carrots
- 1 ½ lbs Fuyu Persimmons
- 1 hd Cauliflower
- 1 ½ lbs Yukon Gold Potatoes
- 1 Gray Kabocha Squash

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: We are loving the recent series of rain storms. The farm has received over 4 inches combined. This is a great beginning to the rainy season. In a region that only receives an average of 28-32 inches rain annually, the 6 inches from the combined storms is about 20 percent of our regional total. It will take a few more storms before the soil becomes saturated with moisture. Then it can get interesting with later season rains sheeting off the surface of the ground with nowhere to go but the ocean eventually.

Box Notes: The Fuyu persimmons are from a neighboring farm here in Guinda. 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 2 hams left so please place your order soon. The available hams average 10 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. We deliver the hams frozen. They are pre-cooked (smoked and cured).

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!

Roasted Kabocha Squash with Cinnamon

From: <http://www.nutritiousseats.com/how-to-roast-kabocha-squash/>.

- 1 kabocha squash, cut in half lengthwise, seeds removed, then each half into 3 pieces lengthwise
 - 2 Tablespoons virgin unrefined coconut oil
 - salt
 - Cinnamon
1. Preheat oven to 400 degrees. Line a baking sheet in foil. Start with the tip of your knives in the center of the squash and cut in half lengthwise, using a rocking motion on the knife to get it through (don't try to yank out the knife though). If it won't go through, gently remove knife, rotate half and cut through the other side the same way. Push the halves apart with your hands. Using a spoon, scoop out the seeds and stringy flesh. Save seeds for roasting if desired. Cut each half into 3 wedges (lengthwise).
 2. Melt coconut oil in microwave, toss with squash wedges. Season lightly with salt, then sprinkle generously with cinnamon. Bake for 30-35 minutes or until fork tender and browned in places.

Notes

Store Kabocha in a cool, dry, dark place. They can last up to several months.

You can use any spices you want to season this squash with, or just basic salt and pepper. It's also good with a drizzle of maple syrup or brown sugar.

Options and tips for cutting the Kabocha squash:

-Bake the squash for about 10 minutes, then remove to cut and finish roasting-

-Microwave squash partially, for ~4-5 minutes, then proceed to cut into wedges and roast

-If possible, use a cleaver knife in a rocking motion

-If squash is too stubborn, bake it whole for about 1 hour (prick it a few times with a knife first to let steam release), then cut, remove seeds and season per recipe.

Honey Garlic Butter Roasted Carrots

From: https://cafedelites.com/wprm_print/51027

- 2 pounds (1 kg) carrots washed and peeled (or unpeeled)
- 1/3 cup butter
- 3 tablespoons honey
- 4 garlic cloves minced
- 1/4-1/2 teaspoon salt plus more for seasoning
- Cracked black pepper
- 2 tablespoons fresh chopped parsley

Instructions

1. Preheat oven to 425°F (220°C). Lightly grease a large baking sheet with nonstick cooking oil spray; set aside.
2. Trim ends of carrots and cut into thirds.
3. Melt butter in a pan or skillet over medium-heat. Pour in honey and cook, while stirring, until completely melted through the butter. Add the garlic and cook for 30 seconds until fragrant while stirring.
4. Add the carrots and allow the sauce to thicken for a further minute, while tossing the carrots through the sauce. Season with salt and pepper.
5. Transfer carrots to baking sheet in a single layer so they cook evenly. Toss to evenly coat.
6. Roast for 20 minutes, or until carrots are fork-tender. Broil (or grill) for 2-3 minutes on high heat to crisp/char the edges.
7. OPTIONAL: Transfer them back into the skillet and allow carrots to simmer in the sauce over high heat for 5 minutes to thicken the sauce into a glaze. *SEE NOTES.
8. Season with a little extra salt and pepper if desired. Garnish with parsley.
9. Arrange onto serving platter and enjoy!

Notes

*If too much water has been released from the carrots while roasting and you want a thick glaze, transfer the carrots into the skillet and add a cornstarch slurry to the sauce (1/2 teaspoon cornstarch to 2 teaspoons water), while stirring it though quickly until the sauce thickens. Repeat until reaching your desired consistency.