



Riverdog Farm

December 16, 2019

# Riverdog Farm Veggie Box News

## Box Contents:

1 ½ lbs Mixed Carrots  
1 bu Red Chard  
1-3 hds Cauliflower  
1 bu Tokyo Turnips  
½ lb Arugula  
1 Butternut Squash  
1 ½ lbs Mixed Beets

## 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:** This Saturday, December 21<sup>st</sup>, is the Winter Solstice, the day with the shortest daylight hours and the longest nighttime hours of the year. Each year, the solstice marks a new beginning for us at the farm: the time when the lengthening daylight hours triggers more egg laying (gradually), when we spend time reviewing last year's successes and challenges, and when we start ordering seeds for the coming year. The rainy days help with making time for working on our farm plan for the coming year too. We're looking forward to safe, prosperous, and fruitful 2020!

## Happy Solstice and Holidays to all!

**Holiday Hams** are still available for ordering. We received some smaller smoked hams from Roundman's Smokehouse where we have all of our bacon and ham smoked and cured. (We thought we were almost out of hams but found out they had finished smoking/curing some more last week). The available hams average 5 lbs each. For this week, the ordering deadline is 24 hours before your deliver day and we can also deliver the hams to the farmers markets when you pre-order them. Or you can order hams for after the holidays anytime until they are sold out. 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](mailto: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 may attend the farmers market in Berkeley on January 2, 2020, weather permitting but will not do CSA deliveries to market that day. 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

The 2020 delivery schedule is attached to the newsletter email this week.

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!

## Moist Chocolate-Beet Cake

From: <https://www.davidlebovitz.com/recipe/moist-chocolate-beet-cake-recipe-nigel-slater/print>

Eight to ten servings

Notes from David Lebovitz, the chef/author of the adapted cake recipe: Adapted from [Tender](#) by Nigel Slater I was attracted to this recipe because 1) I was intrigued by the words “moist chocolate”, and 2) It has beets in it. Because the author is British, superfine sugar (which is readily available there) is called for, which is called castor sugar. In France we have sucre semoule, but elsewhere you can simply whiz regular sugar in a food processor for about ten seconds until it's fine. I had a bunch of beets I was roasting so I used a couple of those, but for economy's sake, you can boil the two beets or cook them as you prefer. You'll need a scant 1 cup (250 g) of grated beet purée. This cake is not overly sweet, which is good for those of you looking for more of a snack cake, rather than a towering, frosted dessert. Although the original recipe calls for chocolate that is 70% cacao solids, you can use one that is in the 50-60% range, depending on what's available in your area. For those of you who can't get crème fraîche, I suspect mascarpone would be interesting, or perhaps just sour cream. Or maybe just a nice scoop of vanilla ice cream alongside

8 ounces (240g) beets, unpeeled (peel after boiling), rinsed and scrubbed free of dirt  
7 ounces (200 g) bittersweet or semisweet chocolate, chopped, 70% cacao solids  
1/4 cup (60ml) hot espresso (or water)  
7 ounces (200g) butter, at room temperature, cubed  
1 cup (135g) flour  
3 tablespoons unsweetened cocoa powder (the darkest you can find, natural or Dutch-process)  
1 1/4 teaspoon baking powder  
5 large eggs, separated, at room temperature  
pinch of salt

1 cup (200g) superfine sugar

1. Butter an 8 or 8 1/2 inch (20 cm) springform pan and line the bottom with parchment paper.
2. Boil the beets in salted water with the lid askew until they're very tender when you stick a knife in them about 45 minutes. Drain then rinse the beets with cold water. When cool enough to handle, slip off the peels, cut the beets into chunks, and grind them in a food processor until you get a coarse, yet cohesive, puree. (If you don't have a food processor, use a cheese grater.)
3. Preheat the oven to 350°F (180°C).
4. In a large bowl set over a pan of barely simmering water, melt the chocolate, stirring as little as possible. Once it's nearly all melted, turn off the heat (but leave the bowl over the warm water), pour in the hot espresso and stir it once. Then add the butter. Press the butter pieces into the chocolate and allow them to soften without stirring.
5. Sift together the flour, cocoa powder, and baking powder in a separate bowl.
6. Remove the bowl of chocolate from the heat and stir until the butter is melted. Let sit for a few minutes to cool, then stir the egg yolks together and briskly stir them into the melted chocolate mixture. Fold in the beets.
7. In a stand mixer, or by hand, whip the egg whites until stiff. Gradually fold the sugar into the whipped egg whites with a spatula, then fold them into the melted chocolate mixture, being careful not to overmix.
8. Fold in the flour and cocoa powder.
9. Scrape the batter into the prepared cake pan and reduce the heat of the oven to 325°F (160°C), and bake the cake for 40 minutes, or until the sides are just set but the center is still just a bit wobbly. Do not overbake.

Let cake cool completely, then remove it from the pan.

**Serving and storage:** This cake tastes better the second day; spread with crème fraîche and sprinkle with poppy seeds shortly before serving. Or serve them alongside.