



Riverdog Farm

January 2, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

2 lbs. Navel Oranges  
2 Leeks  
¾ lb. Arugula  
1 bu. Scarlet Queen Turnips  
1 bu. Rapini  
1 bu. Carrots  
1 hd. Cauliflower  
1 bu. Red Beets

## Check payment for January Deliveries is due by December 31<sup>st</sup>:

Tuesdays: \$120  
Wednesdays: \$120  
Thursdays: \$96  
Fridays: \$96  
Saturdays: \$96

Thank you for your payment if already sent!

## Quarterly Payment Schedule:

### 1<sup>st</sup> Quarter

January/February/March  
\$312

### 2<sup>nd</sup> Quarter

April/May/June  
\$312

### 3<sup>rd</sup> Quarter

July/August/September  
\$312

### 4<sup>th</sup> Quarter

October/November/December  
\$288

## Annual Payment

\$1,176

(This amount includes 2 free boxes!)

To view the 2018 payment schedule visit:

[2018 Payment Schedule](#)

## Happy New Year from the farm! Wishing you all a healthy, happy 2018!

As you are well aware 2017 brought many changes to the Riverdog Farm CSA. We are thrilled with the new CSA software and hope it has simplified your membership as much as it has for us here at the farm.

Due to the amount of change we have undergone this past fall we have some policies we would like to go over with you. **Thank you for reading the following items as they directly affect you and your CSA membership.** As always, please feel free to reach out to us with any questions or concerns.

**-Deliveries will continue with out receipt of payment.** If you would like to suspend or hold your deliveries for any amount of time you must do so via your member profile page or by contacting the office. There are 3 available fields for holding multiple date ranges and a permanent hold option for semi-permanent or permanent holds. If you are enrolled in an auto payment plan and would like to permanently hold deliveries you must also remove the auto payment details to avoid being charged after suspending deliveries.

**-Payment required reminders** will be sent when your account drops below \$24. Please respond to these reminders by making payment, or emailing the office to let us know payment is on the way.

**-Automatic Payment Plans:** If you have selected an auto payment plan you will be charged for the number of deliveries according to your payment plan. The "Monthly" payment plan will charge your account after every 4 deliveries, the "Quarterly" payment plan will charge your card after you have received 13 deliveries and the "Annual" payment plan will charge your account after 51 deliveries. This system accounts for any skipped deliveries or bi-weekly delivery schedules.

**-Pick up instructions:** Please sign your name next to your printed name on the sign in sheet located on the clipboard near your csa box every week when you pick up your order. This is our only means of tracking down members who have forgotten to pick up their box. Your name will be printed on the sign in sheet if we delivered a box for you. If your name is not on the sheet, a box was not delivered for you, if this occurs contact the office right away. If you happen to take a box with out being on the delivery list, it creates much disappointment and confusion.

**-Altering your delivery schedule:** If you would like to hold a csa delivery or would like to add items to your weekly delivery via the web store you must make any changes to your delivery schedule 48 hours prior to your delivery day.

**Box Notes:** The navel oranges are from Blue Heron Farm in Rumsey. They are CCOF certified organic. This week's veggie box contents reflect California's winter crop harvest: roots, brassicas, and greens! All of the varieties are frost hardy and have flavors that become sweetened by frosty nights. The turnip and beet greens are good to eat too, even the cauliflower greens are edible and delicious!

**Field Notes:** Over the holidays, we didn't see any rainfall so the irrigation crew worked diligently to keep the crops watered. While other parts of the US had record low temperatures, we had average lows in the high twenties and low thirties. The daytime temperatures have been warm and sunny with some days slightly overcast. The super moon was a great harbinger of the New Year, complete with a colorful aura or moon halo to ring in 2018.

## Cauliflower Puree

From:

<https://www.epicurious.com/recipes/food/views/cauliflower-puree-236315>

1 head cauliflower, 2 to 2 1/2 pounds  
3 tablespoons unsalted butter  
1 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper

Pull the leaves off the cauliflower and cut out the core in a kind of cone-shaped section. Then pull the florets off the head with your fingers, using a knife when you need to. Break or cut the florets into smaller, regular pieces (about 1 1/2 inch) and put them in the steamer insert. Bring about 1 inch of water to a boil in the steamer pot, add the insert, cover, and cook for about 15 minutes, or until you can poke a paring knife into the stems and you can feel that there's still a little texture there. (Tooth, it's called.) Stir the cauliflower well a few times while it's steaming so that it cooks evenly.

Pour about half of the cauliflower into a food processor. Measure out 3/4 cup of the steaming liquid, and pour in about 1/4 cup; purée until smooth. Now dump the rest of the cauliflower on top, add about 1/3 of the remaining liquid, and purée again. You'll need to stop and scrape and stir the purée a few times; add more liquid as you need to, but with the understanding that you really want to add as little liquid as you can get away with. With the motor running, process in the butter, salt, and pepper through the feed tube. Taste for seasoning and serve hot. (You can reheat over low heat in the same pan if you're not eating immediately.)

## Carrot Soup

From: <http://www.eatingwell.com/recipe/249990/carrot-soup/>

1 tablespoon butter  
1 tablespoon extra-virgin olive oil  
1 medium onion, chopped  
1 stalk celery, chopped  
2 cloves garlic, chopped  
1 teaspoon chopped fresh thyme or parsley  
5 cups chopped carrots  
2 cups water  
4 cups reduced-sodium chicken broth, "no-chicken" broth (see Note) or vegetable broth  
1/2 cup half-and-half (optional)  
1/2 teaspoon salt  
Freshly ground pepper to taste

Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.

Stir in carrots. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 25 minutes. Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.  
Make Ahead Tip: Cover and refrigerate for up to 4 days or freeze for up to 3 months.

## Roasted beets, Carrots and Turnips with Balsamic Vinegar

From: <http://foodchannel.com/recipes/roasted-beets-carrots-and-turnips-balsamic-vinegar>

### Ingredients

1 pound beets, peeled, halved or quartered  
1/2 pound carrots, peeled, cut in half  
1 pound turnips, peeled, halved or quartered  
3 tablespoons extra virgin olive oil  
3 tablespoons balsamic vinegar  
1/2 teaspoon sugar  
1/2 teaspoon salt  
1/4 teaspoon pepper  
Balsamic vinegar for drizzling, optional

### Preparation

Preheat oven to 400°F. Place beets, carrots, and turnips in a bowl. Whisk together olive oil, balsamic vinegar, sugar, salt and pepper. Toss with vegetables. Spread in a single layer on a roasting pan. Roast for 1 hour or until browned or caramelized. Remove from oven and drizzle with balsamic vinegar.

## Rapini with Garlic and Red Pepper

From: <https://www.williams-sonoma.com/recipe/rapini-with-garlic-and-red-pepper.html>

Salt and freshly ground black pepper, to taste  
1 bunch rapini  
2 Tbs. olive oil  
2 to 4 garlic cloves, thinly sliced  
1/8 to 1/4 tsp. crushed red pepper flakes

Have a large bowl of ice water ready. Bring a large pot of water to a boil over high heat. Salt the water generously. Add the rapini and cook for 2 minutes. Using tongs, transfer the rapini to the ice water and let cool, then drain well in a colander.

In a large nonstick sauteuse or sauté pan over medium-high heat, warm the olive oil. Add the garlic and sauté until golden brown, 45 to 60 seconds. Add the red pepper flakes and cook until fragrant, about 20 seconds. Add the rapini and cook until heated through, 1 to 2 minutes. Season with salt and black pepper and serve immediately. Serves 2.