



Riverdog Farm

January 7, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 1 bu Rapini
- 1 bu Red Spring Onions
- 1 bu Green Garlic
- 1 hd Green Cabbage
- 1 bu Purple Carrots
- 2 lbs Navel Oranges from Blue Heron Farm in Rumsey
- 1 ½ lbs Broccoli

Payment by check is due by November 31st for December Deliveries:

- Tuesdays: \$72
- Wednesdays: \$72
- Thursdays: \$72
- Fridays: \$72
- Saturdays: \$72

Thank you for your payment if already sent!

Quarterly Payment Schedule:

4th 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](#)

Box Notes:

Happy New Year! The navel oranges in your veggie box this week are from Blue Heron Farm in Rumsey and are CCOF-certified organic. The oranges will be a weekly feature of the veggie boxes for a month or two. They are great for juicing and eating sliced or by sections. Then soon after the orange harvest is done, we will begin the coveted asparagus season! We are featuring loads of multi-colored produce, citrus, garlic and leafy greens in this week's box to help fortify your health and wellness defenses during these winter months. Thanks to a grant from Stop Waste in Alameda County, we were able to augment our purchase of new plastic totes that are more permanent than the cardboard boxes we have been using. We will soon pack the weekly veggie boxes in a plastic tote with a lid. Please return the plastic tote to your CSA site the following week or bring a bag to transfer the veggie box contents into and leave the plastic tote at the site.

Field Notes: The holiday weather was surprisingly dry and sunny. Over this past weekend, we finally received a substantial amount of rain. The ground is soaked and Cache Creek is starting to fill up. We are hoping for more rain in January/February/March.

2019 CSA Payment Schedule

Quarter 1: Wednesdays \$288 Thursdays \$288 Fridays \$288

Quarter 2: Wednesdays \$312 Thursdays \$312 Fridays \$312

Quarter 3: Wednesdays \$312 Thursdays \$312 Fridays \$312

Quarter 4: Wednesdays \$288 Thursdays \$288 Fridays \$288

Annual Payment (annual payers receive 2 complimentary veggie boxes): \$1,152

We encourage you to consider making the annual payment for your veggie box deliveries.

This helps support the farm by giving us advance purchasing power for labor, seeds, fertilizers, and other farming expenses that are essential to get the next growing season going. Thank you for supporting the farm with your continued CSA subscriptions!

Spaghetti with Green Garlic and Olive Oil

From: <https://www.finecooking.com/recipe/spaghetti-with-green-garlic-and-olive-oil>.

- Kosher salt
- 2 Tbs. extra-virgin olive oil
- 2 oz. green garlic, green parts cut into 3-inch julienne strands, white parts thinly sliced
- 6 oz. thin spaghetti
- 2 Tbs. freshly grated Parmigiano-Reggiano; more for serving
- Freshly ground black pepper

Bring 3 quarts of well-salted water to a boil in a large pot over high heat.

Meanwhile, heat the oil in a 10-inch straight-sided sauté pan over low heat. Add the green garlic and 2 big pinches of salt; stir to coat. Cover and cook, stirring frequently, until wilted and softened, 5 to 7 minutes. Remove the pan from the heat.

Boil the spaghetti until just al dente, about 1 minute less than package timing. Set aside about 1/2 cup of the cooking water and drain the pasta.

Return the sauté pan to low heat. Add the spaghetti and 1/4 cup of the cooking water; toss well. Add the Parmigiano and 2 Tbs. of the water; toss again. Season to taste with salt and pepper, adding the remaining water if the pasta seems dry. Serve in [heated pasta bowls](#), sprinkled with additional Parmigiano.

20 Minute Broccoli Cheese Soup

From: <https://www.spendwithpennies.com/20-minute-broccoli-cheese-soup/>.

- 1 tablespoon butter
- 1 small onion diced
- 1 cup diced carrots
- 3 cups fresh broccoli
- 2 cups chicken broth
- 1/2 teaspoon each thyme and garlic powder
- salt & pepper to taste
- 2 tablespoons flour
- 1 1/2 cups light cream
- 1 cup sharp cheddar cheese
- 1/3 cup fresh parmesan cheese

In a large saucepan, cook butter, onion and carrots over medium heat until onion softens (about 3 minutes). Add chicken broth, broccoli and seasonings. Simmer until broccoli is softened, about 8 minutes.

Remove 1 cup of vegetables, coarsely chop and set aside. Using an immersion blender, blend remaining vegetables and broth.

Place flour in a small bowl. Add in cream a little at a time stirring until smooth. Bring blended vegetable mixture to a boil and whisk in cream mixture. Continue whisking until thick and bubbly, about 3-4 minutes.

Remove from heat, stir in cheeses & reserved chopped vegetables and serve immediately.

Fresh Oranges with Caramel and Ginger

From: <https://www.finecooking.com/recipe/fresh-oranges-with-caramel-ginger>.

- 5 seedless oranges, such as navel, including some blood oranges if possible
- 2 Tbs. chopped crystallized ginger
- 1/3 cup granulated sugar
- 8 to 10 mint leaves, very thinly sliced

Finely grate the zest (use a rasp-style grater if you have one) from one of the oranges to get 2 tsp. zest. Cut the tops and bottoms off each orange, being sure to cut into some of the flesh; reserve the tops and bottoms. Cut the peel off the sides, exposing the flesh by cutting under the pithy membrane. Discard the peels cut from the sides. Cut each orange in half vertically, trim out the pithy core, and then slice each piece crosswise into 1/4-inch half moons. Arrange the slices on a large, shallow serving dish or deep platter.

Combine the zest and crystallized ginger on a cutting board and chop them together until they're well mixed. Scatter the ginger and zest evenly over the oranges.

Put 2 Tbs. water in a small, heavy saucepan and pour the sugar on top. Bring to a boil over high heat, lower the heat to medium high, and boil without stirring until the syrup has turned a deep medium brown, 5 to 8 minutes. Watch the pan carefully during the last few minutes, as the caramel goes quickly from brown to burnt. Using a heavy potholder to hold the pan, immediately drizzle the caramel over the oranges, getting a bit of caramel on each slice. Scatter the mint over the oranges. Squeeze the juice from the reserved ends of the oranges over all.