



Riverdog Farm

January 8, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

2 lbs. Navel Oranges  
2 Leeks  
¾ lb. Arugula  
1 lb. Watermelon Daikon  
1 lb. Bok Choy  
1 bu. Yellow Carrots  
1 lb. Broccoli

## Check payment for February Deliveries is due by January 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](#)

**Box Notes:** The navel oranges are from Blue Heron Farm in Rumsey. They are CCOF certified organic. We will include oranges in the weekly veggie boxes through the end of February. 10 and 20 pound cases of Blue Heron Oranges are now available for purchase in the web store! Follow this link to add a case or two to your next delivery: <https://csa.farmigo.com/store/riverdogfarmcsa>  
Watermelon Daikon is one of the farmer's market customer favorites. When we sample them, customers are surprised about their sweet mild flavor and intense magenta color. Thinly sliced or grated for salads, these radishes are a surprising treat. No need to peel the white outer layer of skin. The entire radish is edible.

Here's a tidbit from [http://www.specialtyproduce.com/produce/Watermelon\\_Radish\\_1788.php](http://www.specialtyproduce.com/produce/Watermelon_Radish_1788.php):  
*"Watermelon radish originated in China where it was known as Shinrimei radish. In America, its official name in seed catalogs was originally Red Meat radish. Once it caught on as a popular farmer's market item for marketing reasons vendors began to sell it under the name Beauty Heart or Watermelon radish. It is still however listed most often in seed catalogs under the name Red Meat radish."*

**Field Notes:** The rainfall has been steady since Sunday night. The watershed, ditches and puddles are filling up quickly. In Guinda, we've seen about a ½ inch. Keep it coming!

## 2018 CSA Policy and Payment Changes

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. Do 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 without 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.

## WATERMELON RADISH & CARROT SALAD WITH SESAME VINAIGRETTE

From:

[HTTPS://VEGANMIAM.COM/RECIPES/SALAD/WATERMELON-RADISH-CARROTS-SALAD-SESAME-VINAIGRETTE](https://veganmiam.com/recipes/salad/watermelon-radish-carrots-salad-sesame-vinaigrette)

### INGREDIENTS

2 small watermelon radishes, sliced thinly, and cut in half into half circles

1 medium carrot, julienned

\*RDF addition: add thinly sliced bok choy to the mix for a refreshing addition

1½ tablespoons apple cider vinegar

½ tablespoon refined coconut oil

Pinch of garlic powder

½ teaspoon toasted sesame oil

½ teaspoon tamari

½ teaspoon sugar

1 teaspoon sesame seeds

salt and freshly ground pepper to taste

### INSTRUCTIONS

Prepare to julienne carrots and slice watermelon radishes and place them in a medium bowl. Whisk vinegar, coconut oil, garlic powder, toasted sesame oil, tamari, and sugar in a small bowl until it starts to emulsify. Pour your vinaigrette over the vegetables. Mix, add sesame seeds and season with salt and pepper. Refrigerate for at least an hour, covered with a lid to allow the salad marinate and serve immediately.

## LEEKS IN VINAIGRETTE

FROM: [HTTPS://WWW.BONAPPETIT.COM/RECIPE/LEEKS-IN-VINAIGRETTE](https://www.bonappetit.com/recipe/leeks-in-vinaigrette)

### INGREDIENTS

4 large leeks, white and pale-green parts only, tough outer layer removed

Kosher salt

1 small shallot, finely chopped

½ garlic clove, finely grated

1 tablespoon Sherry vinegar or red wine vinegar

1 teaspoon Dijon mustard

1 teaspoon whole grain mustard

½ teaspoon finely chopped fresh thyme

¼ teaspoon sugar ¼ cup olive oil

Freshly ground black pepper

### INSTRUCTIONS

Trim root end of leeks (leave as intact as possible so they don't break apart while cooking) and cook in a large pot of boiling salted water until meltingly tender (a paring knife should go all the way through with no

resistance), 15–20 minutes. Transfer to paper towels to drain; let cool.

Whisk shallot, garlic, vinegar, Dijon and whole grain mustards, thyme, and sugar in a small bowl. Gradually whisk in oil and 1 Tbsp. water; season vinaigrette with salt and pepper.

Halve leeks lengthwise and arrange on a platter, cut side up; drizzle with vinaigrette and let sit at least 10 minutes before serving.

**DO AHEAD:** Leeks can be made 1 day ahead. Cover and chill. Bring to room temperature before serving.

## EASY FRIED RICE

From: <https://www.thekitchn.com/weeknight-recipe-quick-and-eas-114641>

*Makes 2 to 4 servings*

### INGREDIENTS

2 eggs, beaten

1/2 block tofu, cubed

1 to 2 cups cooked rice, white or brown

2 handfuls bok choy, stems and leaves sliced thinly

1/2 cup frozen corn

1/2 cup frozen peas

4 to 5 spring onions, sliced into thin rounds

2 to 3 tablespoons soy sauce

1 to 2 tablespoons rice wine vinegar

Optional extras: 1/2-inch freshly grated ginger, 2-3 cloves minced garlic, 1 teaspoon hot sauce, splash of sesame oil

### INSTRUCTIONS

Place a skillet over medium heat and add a teaspoon of oil or butter. Scramble the eggs, breaking them into small curds. When the eggs are just barely cooked, scrape them into a clean dish and set them aside.

Increase heat to medium-high and add another teaspoon of oil to the pan. Sear the tofu on all sides, stirring only occasionally and cooking until the tofu is golden-brown on all sides. Remove the tofu from the heat and set it aside in a clean dish.

Add another teaspoon of oil to the pan and stir in the rice. Make sure all the grains of rice are coated with a little oil, then spread the rice into a thin layer across the bottom of the pan. Let it cook for a few minutes, then gather it together and spread it out thin again. Continue until the rice is toasted and beginning to brown.

Add two tablespoons of soy sauce and one tablespoon of rice wine vinegar (and ginger and garlic, if using), and stir. Add the bok choy and cook until the green parts of the leaves are wilted. Add the peas and carrots, cooking until they are warmed through. Stir in the eggs, tofu, and spring onions.

Taste and add more soy sauce and rice wine vinegar if needed. Hot sauce and sesame oil can be added here, or sprinkled in each individual bowl instead.