



Riverdog Farm

January 14, 2019

Riverdog Farm Veggie Box News

Box Contents:

- ¾ lbs Loose Baby Chard
- ¾ lb Arugula
- 1 ½ lbs Cauliflower
- 1 bu Carrots
- 1 ½ lbs Navel Oranges
- 1 ½ lbs Broccoli
- 1 Butternut Squash
- 1 hd Savoy Cabbage

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! 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/re-usable 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: Hooray for steady rain!

Save the Date: **Almond Festival** Sunday February 24, 2019 An all-day, 5 town event celebrating the almond blossoms of the region. There's a pancake breakfast served by the FFA at the Esparto High School, a book sale at the Esparto Library and delicious wood-fired pizza featuring Riverdog Farm sausage is served in the hamlet of Rumsey.

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!

Lentil Salad with Roasted Cauliflower and Mushrooms

From: <https://www.wellplated.com/lentil-salad/>.

- 3/4 cup brown lentils
- 1 1/2 cups reduced-sodium chicken broth — or vegetable broth
- 16 ounces mixed mushrooms — I used a blend of cremini, shiitake, and oyster
- 1/2 extra-large head of cauliflower — cut into florets (about 6 cups)
- 1 tablespoon extra-virgin olive oil — divided
- 1 teaspoon kosher salt — divided
- 1/2 teaspoon black pepper — divided
- 8 ounces arugula
- 1/2 cup chopped toasted walnuts
- Chopped fresh parsley

For the Dressing:

- 1/4 cup extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- Pinch kosher salt

Place racks in the upper and lower thirds of your oven and preheat your oven to 400 degrees F. Generously coat two rimmed sheets with cooking spray.

In a medium saucepan, bring the stock to a boil. Add the lentils and cook until tender but not mushy, about 20 to 25 minutes or as specified by the package. Watch the lentils towards the end of their cooking time and add additional chicken stock or water as needed to keep them from drying out.

While the lentils cook, prepare the dressing: in a small bowl or large measuring cup, whisk together the olive oil, red wine vinegar, mustard, and salt (or shake all of the ingredients together in a mason jar with a tight-fitting lid). Pour over the warm lentils and toss to coat. Taste and add additional salt as desired. Set aside.

Place the mushrooms on one prepared baking sheet and the cauliflower on the other. Drizzle each sheet with half of the olive oil and sprinkle each with half the salt and half of the pepper. Toss to coat, then spread in an even layer. Place in the oven and roast until the vegetables are tender and caramelized, 20 to 30 minutes, flipping once or twice throughout. The mushrooms will finish a few minutes ahead of the cauliflower.

Place the arugula in a large serving bowl and top with the lentils and warm roasted vegetables, including any bits of the vegetables that stuck to the pan. Toss to coat. Sprinkle with walnuts and parsley. Then it's ready to eat!

Creamy Horseradish, Cabbage, and Carrot Slaw

From: <https://www.womansday.com/food-recipes/food-drinks/recipes/a12165/creamy-horseradish-cabbage-carrot-slaw-recipe-wdy0712/>.

- 3 tbsp. white wine vinegar
- 1 tbsp. sugar
- kosher salt
- Pepper
- 1/2 c. sour cream
- 1/4 c. mayonnaise
- 1/4 c. prepared horseradish
- 1 head green or Savoy cabbage
- 2 large carrots
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In a large bowl, whisk together the vinegar, sugar, and 1/2 teaspoon each salt and pepper until the sugar dissolves. Whisk in the sour cream, mayonnaise, and horseradish.

Add the cabbage and carrot and toss to coat. Let sit, tossing occasionally, for at least 15 minutes before serving.