



Riverdog Farm

January 15, 2018

Riverdog Farm Veggie Box News

Box Contents:

2 lbs. Blue Heron Navel Oranges
1 bu. Rapini
3/4 lb. Little Gem Lettuce
2 lb. Purple Daikon
1 hd. Escarole
1 lb. Broccoli
1 Butternut Squash

Check payment for February Deliveries is due by January 31st:

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

Thank you for your payment if already sent!

Quarterly Payment Schedule:

1st Quarter
January/February/March
\$312
2nd Quarter
April/May/June
\$312
3rd Quarter
July/August/September
\$312
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:

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. Blue Heron Oranges are now available for purchase on the web store: 10 lbs. for \$20 or 20 lbs. for \$40! Follow this link to add a case or two to your next delivery: <https://csa.farmigo.com/store/riverdogfarmcsa>.

Field Notes:

We received about 3 inches of rain during the last storm. The soil has absorbed the rainfall quickly so we are hoping for more this week. There has been a steady cloud cover that helps the soil retain the moisture and keeps the plants hydrated longer. The greenhouse is filled to the brim with fennel, kale, chard, and napa cabbage starts. The plants are sizing up and getting close to being big enough for transplanting. We will do the transplanting during a window of dryness before the end of January. Visit the farms Instagram account to view our winter projects including the very full greenhouse here: riverdogfarm.

Egg Subscriptions Now Available!

At long last, we are beginning to see the light, literally. We have been suffering a shortage of eggs here at the farm for some months now. Because of the lengthening light hours in the day our egg layers are beginning to produce more eggs! We are happy to announce that we now have enough eggs to offer our csa members the option of adding eggs to your CSA subscription. Instructions below.

- If you would like to add eggs to your weekly or bi-weekly CSA delivery follow this link to log on to your member page: <https://csa.farmigo.com/account/riverdogfarmcsa>
- Once signed on, click the "Change" text next to your current Subscription located inside the Summary Box near the top right of your member page.
- Next click the "Options" tab (at the top next to Shares) and select the number of egg dozens desired and your corresponding csa delivery schedule.

Eggs will be located in a box at your pick up location **separate** from your veggie box. Please only take eggs if they are listed next to your name on the sign in sheet. Each egg dozen will be labeled with the member's name that they belong to. Please pay attention at pick up and do not take eggs unless they have your name on them. If there is a problem with your subscription, or there has been some kind of mix up contact the office right away. Enjoy!

Daikon, Carrot, and Broccoli Slaw

From:

<https://www.epicurious.com/recipes/food/views/daikon-carrot-and-broccoli-slaw-240679>

Ingredients

8 ounces daikon (Japanese radish) peeled, cut into 1-inch pieces (about 1/2 large)
6 ounces peeled carrots
6 ounces broccoli stems cut into 1-inch pieces
1 cup chopped green onions
1/3 cup seasoned rice vinegar
2 1/2 tablespoons minced peeled fresh ginger
1 1/2 tablespoons Asian sesame oil
1 1/2 teaspoons chili-garlic sauce

Preparation

Fit food processor with large-hole grating disk. Working with a few pieces at a time, push daikon, carrots, and broccoli stems through feed tube until all vegetables are grated. (If you do not have a food processor, a grater, mandolin, noodle slicer or matchstick slicer will do fine.) Transfer vegetables to medium bowl. Add green onions. Whisk vinegar, ginger, oil, and chili-garlic sauce in small bowl to blend; pour over vegetables and toss to coat. Season with salt and serve.

Sautéed Greens with White Beans and Garlic

From:

<https://www.wholefoodsmarket.com/recipe/sautéed-greens-white-beans-and-garlic>

Ingredients

2 tablespoons extra-virgin olive oil
3 cloves garlic, thinly sliced
1/4 teaspoon crushed red chile flakes (optional)
1 1/2 pound mixed greens, trimmed and roughly chopped, such as escarole, curly endive, rapini, mustard greens, kale or broccoli leaves (RDF Suggestion, use 1/2 endive and 1/2 rapini with a handful of broccoli leaves for added color and texture)
1 cup low-sodium chicken or vegetable broth
2 (15-ounce) cans no-salt-added cannellini or other white beans, rinsed and drained
1/4 teaspoon fine sea salt
1/4 teaspoon ground black pepper

Instructions

Heat oil in a large skillet over medium heat. Add garlic and pepper flakes and cook, stirring often, until golden brown, about 5 minutes. Add greens (in batches, if needed), and cook, tossing often, until wilted and bright green, 3 to 4 minutes. Transfer to a colander as done

and drain well. Return skillet to heat.

Add broth to skillet and deglaze, scraping up any browned bits. Add beans and simmer until hot throughout, 2 to 3 minutes. Return greens to skillet, toss gently and season with salt and pepper.

Charred baby gem and orange salad with mustard and poppy seed dressing

From: <https://realfood.tesco.com/recipes/charred-baby-gem-and-orange-salad-with-mustard-and-poppy-seed-dressing.html>

Ingredients

1/2 red onion, finely sliced
1/2 lemon, juiced
3 baby gem lettuces, halved lengthways
1 tbsp. olive oil
2 oranges, pith removed and broken into peeled segments

Dressing

1 garlic clove, crushed
3 tbsp. cider vinegar
3 tsp. Dijon mustard
1 tbsp. honey
175ml (6fl oz.) olive oil
1 tbsp. poppy seeds

Instructions

To make the dressing, combine the garlic, vinegar, mustard and honey in a bowl. Season with a pinch of salt, then add the oil in a steady stream, whisking continuously until combined. Stir in the poppy seeds and set aside.

Put the onion slices in a bowl and cover with the lemon juice (this will make their strong flavor less intense); set aside.

Preheat a griddle pan over a high heat. Lightly brush the lettuce halves with oil and season with sea salt and freshly cracked black pepper. Cook in batches (if needed), cut-side down over a high heat for 2-3 minutes, or until charred. Remove the lettuce from the pan and arrange on a serving platter.

Slice the orange segments in half lengthways, and add to the platter, dotting them between the lettuce halves. Strain the onions.

Spoon over some of the dressing and scatter over the onions. Serve with the remaining dressing on the side.