



Riverdog Farm

January 21, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 1 ½ lbs Navel Oranges
- 1 hd Fennel
- 1 bu Spinach
- 1 bu Red Russian Kale
- ¾ lb Little Gem Lettuce
- 1 bu Red Spring Onions
- 1 lb French Fingerling Potatoes
- 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! 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. For more info about the Almond Festival visit:

<https://www.espartoregionalchamber.com/events/2019/2/24/capay-valley-almond-festival>.

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!

Red Russian Kale with Garlic and Lemon

From: <https://salu-salo.com/red-russian-kale-with-garlic-and-lemon/>.

- 1 large bunch of red Russian kale, washed, stems removed and roughly chopped
- 2 tbsp olive oil
- 5 cloves garlic, finely chopped
- Sea salt and freshly ground pepper, to taste
- ½ cup water
- Juice of half a lemon

Heat olive oil in a skillet over medium-high heat. Add garlic and sauté for about a minute or until it turns just golden.

Add kale and stir until kale is fully coated with oil. Add salt, pepper and water. Cover and cook for about 10 minutes or until kale is soft and tender. Adjust seasonings and drizzle with lemon juice.

Serve with your favorite meat.

Parmesan Roasted Broccoli

From: <https://www.dinneratthetree.com/parmesan-roasted-broccoli/>.

- 4 cups broccoli florets
- 3 tablespoons olive oil
- 1/2 teaspoon Italian seasoning or equal parts garlic powder, dried oregano and dried basil
- salt and pepper to taste
- 3 tablespoons finely grated parmesan cheese
- 1 tablespoon chopped fresh parsley
- 1 tablespoon lemon juice
- cooking spray
- lemon wedges optional garnish

Preheat the oven to 450 degrees. Coat a sheet pan with cooking spray. Place the broccoli florets in a gallon sized freezer bag. Add the olive oil, Italian seasoning and salt and pepper to taste. Seal the bag and shake to coat evenly. Pour the broccoli onto the sheet pan in a single layer. Bake for 20 minutes, stirring halfway through. Remove the pan from the oven. Sprinkle the Parmesan and parsley over the broccoli and drizzle with lemon juice, then serve, garnished with lemon wedges if desired.

Notes

If you want your broccoli to stay bright green rather than turning more of an olive color, try blanching it for 2-3 minutes before roasting. Into spicy food? Add some crushed pepper flakes for a little heat! I use parsley because I always have it on hand, but other herbs would also be great like chives, thyme or basil.

Garlic and Parmesan Fingerling Potatoes

Recipe

From: <https://kitchenswagger.com/garlic-parmesan-fingerling-potatoes-recipe/>.

- 1 pound mixed color fingerling potatoes
- 1-2 garlic cloves, minced
- 1/4 cup grated parmesan cheese
- 2 tablespoons olive oil
- 2 tablespoons butter, melted
- 1 tablespoon fresh parsley, minced
- kosher salt and ground pepper to taste

Preheat oven to 425° F. Cut fingerling potatoes into halves.

In a [cast iron skillet](#), combine potatoes, butter, olive oil, garlic, parsley, half of the Parmesan cheese, salt and pepper. Stir and mix until potatoes are fully seasoned.

Place skillet in the oven and bake for 25-30 minutes, or until potatoes are slightly crispy and tender on the inside. (Should be able to easily pierce with a fork). Let cool for 5 minutes, top with the remaining Parmesan cheese and serve.