



Riverdog Farm

January 28, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 1 ½ lbs Navel Oranges
- 1 ½ lbs Broccoli
- 1 bu Carrots
- 1 bu Red Chard
- 1 bu Green Garlic
- 1 lb Leeks
- 1 lbs Bok Choi
- ¾ lb Arugula

Payment by check is due by January 31st for February

Deliveries:

- Tuesdays: \$96
- Wednesdays: \$96
- Thursdays: \$96
- Fridays: \$72
- Saturdays: \$72

Thank you for your payment if already sent!

Quarterly Payment Schedule:

1st Quarter

January/February/March
\$288

Annual Payment

\$1,1752
(This amount includes 2 free boxes!)

To view the 2019 payment schedule visit:

[2019 Payment Schedule](#)

Box Notes:

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!

Your veggie boxes will be packed in a gray plastic box starting this week. Please return the tote to your drop site the following week or bring an empty bag to transfer the items into the same day that you pick up. This new packaging system will reduce the farm's use of cardboard boxes and thereby reduce our total packaging costs over time and reduce the time we take to assemble the cardboard boxes. By using plastic, re-useable totes we plan to streamline some of the veggie box assembly steps. Thank you for returning the totes to your drop site for re-use!

Field Notes: We have ordered tomato, eggplant and peppers seeds for 2019. We have begun to seed these summer crops in the greenhouses and are looking forward to a fruitful year. The winter crop harvest will continue for about another month. Then the spring crops will begin with asparagus, peas, and a new round of several varieties of head lettuce.

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 will be for sale 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

Potato Leek Soup

From: https://www.onceuponachef.com/recipes/potato-leek-soup.html?recipe_print=yes.

- 3 tablespoons unsalted butter
 - 4 large leeks, white and light green parts only, roughly chopped (about 5 cups)
 - 3 cloves garlic, peeled and smashed (RDF Note: Or substitute with green garlic)
 - 2 pounds Yukon Gold potatoes, peeled and roughly chopped into 1/2-inch pieces
 - 7 cups low sodium chicken or vegetable broth
 - 2 bay leaves
 - 3 sprigs fresh thyme
 - 1 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 1 cup heavy cream
 - Chives, finely chopped, for serving
1. Melt the butter over medium heat in a large soup pot. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes. Adjust the heat as necessary so as not to brown.
 2. Add the potatoes, broth, bay leaves, thyme, salt and pepper to pot and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until the potatoes are very soft.
 3. Fish out the thyme sprig and bay leaves, then purée the soup with a hand-held immersion blender until smooth. (Alternatively, use a standard blender to purée the soup in batches; see note.) Add the heavy cream and bring to a simmer. Taste and adjust seasoning with salt and pepper. If soup is too thin, simmer until thickened. If it's too thick, add water or stock to thin it out. Garnish with fresh herbs if desired.

Note: If using a standard blender to purée the soup: be sure not to fill the jar more than halfway; leave the hole in the lid open and cover loosely with a dishtowel to allow the heat to escape; and pour blended soup into a clean pot.

Freezer-Friendly Instructions: The soup can be frozen, without the cream, for up to 3 months. Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot. Once heated through, add the cream and bring to a simmer before serving.

Miso Soup with Shiitake Mushrooms and Baby Bok Choy

From: <https://www.theartfulappetite.com/miso-soup-with-shiitake-mushrooms-and-baby-bok-choy/>.

- 6 cups vegetable or chicken broth
 - 2 tablespoons tamari or soy sauce
 - 6 shiitake mushrooms, sliced
 - 6 baby bok choy, halved or quartered
 - 1 block extra firm silken tofu, cut into small cubes
 - 4 tablespoons miso (I used red)
 - sesame seeds, garnish
 - scallions, sliced for garnish
 - toasted sesame oil, for garnish
1. Place broth, ginger, and tamari or soy sauce in a pot over medium heat.
 2. Place mushrooms and baby bok choy in simmering broth. Let cook about ten minutes.
 3. Gently stir in tofu. Cook a few minutes until warmed.
 4. Turn off heat and stir in miso. Don't add the miso too soon or when the soup is too hot (boiling). This will kill the healthy probiotics in the miso paste.
 5. Serve in bowls and top with garnishes.