



Riverdog Farm

January 29, 2018

Riverdog Farm Veggie Box News

Box Contents:

2 lbs. Blue Heron Navel Oranges
1 hd. Fennel
2 hds. Batavia Lettuce
1 bu. Green Mustard
1 hd. Green Cabbage
1 bu. Red Beets
1 Butternut Squash

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

Tuesdays: \$96
Wednesdays: \$96
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: Cabbage season is upon us. Add cabbage chopped into chunks to soup broth, finely slice as a topping on posole, make slaws, make rice/beef stuffed cabbage leaves or enjoy in a salad combined with the Batavia lettuce and fennel. We're gearing up for St. Patrick's Day when corned beef and cabbage is a celebrated spring dish. We are experiencing a gap in our orange carrots harvest but they will be back!

The navel oranges are from Blue Heron Farm in Rumsey. They are CCOF certified organic. **Correction: We will include oranges in the weekly veggie boxes through the middle of February.** This year Blue Heron's citrus yield was lower than last year, tho the fruits themselves were larger. Making for a shorter harvest season than usual. Blue Heron Oranges are now available for purchase in 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>.

Capay Valley Almond Festival Sunday February 25, 2018

A 6 hamlet celebration of the almond blossom season in the Capay Valley. Starting in Madison, driving along State Route 16, going about 20 miles up to Rumsey, you can view the orchards in bloom and stop to enjoy the music and food along the way. The Rumsey Hall, a historic community hall built in 1906 at the northern end of the valley, serves wood-fired pizza, pork sliders and beer and features live music.

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.

Crispy Quinoa and Mustard Green Cakes

From: <https://food52.com/recipes/64034-crispy-quinoa-and-mustard-green-cakes>

Makes 10 to 12 patties

Ingredients:

¾ cup dried quinoa
Kosher salt
½ pound mustard greens, rough ends trimmed and discarded
2 teaspoons cumin seed or ground cumin
1 cup diced red onion
Freshly cracked pepper to taste
1 cup fresh bread crumbs
½ cup grated Parmigiano Reggiano, see notes above
4 eggs
Grapeseed or other neutral oil, for frying
Lemons, cilantro, naan, tahini-yogurt sauce for serving, optional, see notes above

Instructions:

-Bring a large pot of water to a boil. Add the quinoa and 1 tablespoon kosher salt and simmer for 9 minutes, just until the quinoa begins to unfurl. Drain through a fine-meshed strainer.
-Meanwhile, pulse the greens in a food processor. It's best to do this in batches. Pulse until the greens fall to the bottom. The pieces should be small but not puréed or mushy. Transfer them to a large bowl.
-In a small skillet over medium heat, toast the cumin seeds or powder until fragrant and slightly darker in color. If using seeds, crush them gently with a mortar and pestle or in a spice grinder. Transfer to the bowl with the greens. Add the drained quinoa, onion, 1 teaspoon of salt, pepper to taste, bread crumbs, cheese and eggs. Mix well.
-Test the mixture for seasoning and structure: Place a skillet over high heat. Add a small amount of oil — just enough to cover the bottom of the pan in a thin layer. Cup a small amount (less than ¼ cup) of the mixture with your hands. Mixture will feel wet and will loosely hold together. Form into a ball, packing and cupping with your hands. When the oil shimmers, immediately lower the heat to medium and gently place the ball into the pan. Flatten with your hand or spatula to form a patty. Season with a pinch of salt. Let cook undisturbed for 2 to 3 minutes, or until evenly golden. Flip, and brown the other side for another 2 minutes or until evenly golden. Remove patty from pan and let cool briefly. Taste. If necessary, adjust mixture with more salt and pepper to taste. If the patty fell apart in the pan, crack in another egg to the bowl of quinoa/greens and mix to combine. When the mixture is tasting and holding together to your liking, use a 1/4-cup measure to portion out the remaining mixture into balls — you should get 10 to 12.
Pile onto a platter and serve with lemon, cilantro, naan, and sauce, if you wish.

Farro Salad with Fennel, Golden Raisins, and Radicchio

From: <https://www.marthastewart.com/1144051/farro-salad-fennel-golden-raisins-and-radicchio>

Ingredients:

3 TABLESPOONS FRESH LEMON JUICE
1 TEASPOON HONEY
2 TABLESPOONS MINCED SHALLOT
COARSE SALT AND FRESHLY GROUND PEPPER
1/4 CUP EXTRA-VIRGIN OLIVE OIL
1/3 CUP GOLDEN RAISINS

1 HEAD FENNEL, THINLY SLICED LENGTHWISE, PLUS
1/3 CUP FENNEL FRONDS
1 CUP FARRO
1/2 CUP FRESH MINT LEAVES, FINELY CHOPPED
1/2 HEAD RADICCHIO, CORED AND COARSELY
CHOPPED

Instructions:

In a bowl, whisk together lemon juice, honey, shallot, 1/2 teaspoon salt, 1/4 teaspoon pepper, and oil. Add raisins and sliced fennel; toss to coat.
In a medium saucepan, cover farro with 4 inches water and bring to a boil; season with salt. Reduce heat and simmer until tender, 12 to 15 minutes. Drain and let cool completely. Add farro to bowl with mint, radicchio, and fennel fronds. Season with additional salt, if desired. Serve.

Roasted Beet and Winter Squash Salad With Walnuts

From: Martha Rose Shulman,
<https://cooking.nytimes.com/recipes/12900-roasted-beet-and-winter-squash-salad-with-walnuts>

Ingredients

2 pounds butternut squash
1 bunch beets, with greens
2 tablespoons red wine or sherry vinegar
1 teaspoon balsamic vinegar
Salt and freshly ground pepper
1 small garlic clove, minced or put through a press
4 tablespoons extra virgin olive oil
2 tablespoons walnut oil
3 tablespoons chopped walnuts(about 1 1/2 ounces)
2 tablespoons mixed chopped fresh herbs, like parsley, mint, tarragon, chives

Preparation

-Roast the beets. Preheat the oven to 425 degrees. Cut the greens off of the beets, leaving about 1/2 inch of the stems attached. Scrub the beets and place in a baking dish or ovenproof casserole. Add about 1/4 inch water to the dish. Cover tightly with a lid or foil, and bake 35 to 40 minutes, until the beets are tender. Remove from the heat and allow to cool. If not using right away, refrigerate in a covered bowl
-Line another roasting pan with foil or parchment and brush with olive oil. Peel the squash and cut in 1/2-inch thick slices. Toss with 2 teaspoons of the olive oil and salt to taste and place on the baking sheet. Roast for 20 to 30 minutes, turning halfway through, until lightly browned and tender. You can do this at the same time that you roast the beets, but watch carefully if you need to put the baking sheet on a lower shelf. Remove from the heat and allow to cool
-Meanwhile, bring a large pot of water to a boil while you stem and wash the greens. Add salt to the water, and blanch the greens for 1 minute or until tender. Transfer the greens to a bowl of cold water, then drain and squeeze out the water. Chop coarsely
-Mix together the vinegars, garlic, salt, pepper, the remaining olive oil and the walnut oil. When the beets are cool enough to handle, trim the ends off, slip off their skins, cut in half, then slice into half-moon shapes. Toss with half the salad dressing. In a separate bowl, toss the roasted squash with the remaining dressing
-Place the greens on a platter, leaving a space in the middle. Arrange the beets and squash in alternating rows in the middle of the platter. Sprinkle on the fresh herbs and the walnuts. If desired, sprinkle on crumbled feta. Serve