



Riverdog Farm

February 4, 2019

# Riverdog Farm Veggie Box News

## Box Contents:

1 ½ lbs Navel Oranges  
1 bu Red Spring Onions  
1 bu Carrots  
1 lb Purple/White Daikon  
½ lb Little Gem Lettuce  
1 ½ lbs Butternut Squash  
1 head Green Cabbage  
1 ½ lbs Broccoli

**Payment by check is due by  
February 28 for March**

## Deliveries:

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

**Thank you for your payment if  
already sent!**

## Quarterly Payment Schedule:

### 1<sup>st</sup> Quarter

January/February/March  
\$288

### Annual Payment

\$1,152  
(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!

## The scoop on the new gray plastic totes:

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. Thank you for returning the totes to your drop site for re-use!

**Field Notes:** The rain has continued. The annual rainfall is at about 16 inches. We need about 6 more to come close to the average annual rainfall.

**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

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!

# Butternut Squash Soup

From: <https://www.gimmesomeoven.com/slow-cooker-butternut-squash-soup-recipe/>.

- 2 cups vegetable stock
- 4 cloves garlic, peeled and minced
- 1 carrot, peeled and roughly chopped
- 1 Granny Smith apple, cored and roughly chopped
- 1 medium (about 3-4 lbs) butternut squash, [peeled, seeded and diced](#)
- 1 white onion, peeled and roughly chopped
- 1 sprig fresh sage
- 1/2 teaspoon salt
- 1/4 teaspoon freshly-ground black pepper
- 1/8 teaspoon cayenne
- pinch of ground cinnamon and nutmeg
- 1/2 cup canned (unsweetened) coconut milk
- optional garnishes: extra coconut milk, smoked paprika, or see more ideas above

## Slow cooker Instructions:

1. Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon and nutmeg to a [small \(4-quart\) slow cooker](#) or [large \(6-quart\) slow cooker](#). Toss to combine.
2. Cook for 6-8 hours on low, or 3-4 hours on high, or until the squash is completely tender and mashes easily with a fork. Remove and discard the sage. Stir in the coconut milk.
3. Use an [immersion blender](#) to puree the soup until smooth. (Or you can transfer the soup in two batches into a [traditional blender](#) and puree until smooth, being extremely careful not to fill the blender too full with a hot liquid.) Taste, and season with additional salt, pepper and cayenne as needed.
4. Serve warm, topped with your desired garnishes.

## Stovetop instructions:

1. Add vegetable stock, garlic\*, carrot, apple, butternut squash, sage, onion\*, salt, pepper, cayenne, cinnamon and nutmeg a [large stockpot](#). Toss to combine.
2. Cook on medium-high until the mixture reaches a simmer. Then cover, reduce heat to medium-low, and simmer for 20-30 minutes until the vegetables are all tender and mash easily with a fork.
3. Remove and discard the sage. Stir in the coconut milk.
4. Use an [immersion blender](#) to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender and puree until

smooth, being extremely careful not to fill the blender too full with a hot liquid.) Taste, and season with additional salt, pepper and cayenne as needed.

# Pickled Daikon

From: <https://www.justonecookbook.com/pickled-daikon/>.

- Serve warm, topped with your desired garnishes.
- 1 lb daikon radish (Japanese white radish)
- 1 dried red chili pepper
- 2 Tbsp. [rice vinegar](#)
- 1 tsp. [sake](#) (optional)
- 1 Tbsp. salt (kosher or sea salt; use half if using table salt)
- 1/3 cup sugar (1/3 cup = Approx 5 Tbsp.)

Gather all the ingredients. Peel daikon and cut into 1/4 inch slices. Cut the chili peppers into small pieces and discard the seeds if you prefer less spicy. Put all the ingredients in a Ziploc bag and rub well. Remove the air from the bag and close it. Keep in the refrigerator for 1-2 days. We like to pickle daikon for 2 days.

# Favorite Broccoli Salad

From: <https://cookieandkate.com/2018/favorite-broccoli-salad-recipe/>.

- 1 pound broccoli florets (from 1 1/2 pounds broccoli stalks), thinly sliced and then roughly chopped (see photos)
- 1/2 cup raw sunflower seeds or slivered almonds
- 1/2 cup finely chopped red onion
- 1/2 cup grated sharp cheddar cheese (optional)
- 1/3 cup dried cranberries or dried tart cherries, chopped

## Honey mustard dressing

- 1/3 cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 medium clove garlic, pressed or minced
- 1/4 teaspoon fine sea salt
- Toast the sunflower seeds: Pour the sunflower seeds into a medium skillet over medium heat. Cook, stirring frequently (careful, they'll burn!), until the seeds are turning golden on the sides, about 5 minutes. Pour the toasted seeds into a large serving bowl.