



Riverdog Farm

February 11, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 1 ½ lbs Navel Oranges
- 1 ½ lbs Broccoli
- 1 lb Bok Choi
- 1 bu Green Garlic
- 1 lb Leeks
- 1 bu Spinach
- 1 bu Red Chard
- ½ lb Walnuts

**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:

1st 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 citrus 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: Very cold weather has hit the valley this week. We've had sub-freezing temperatures each night. Luckily, the winter crops are hardy down to the low 20s so we have not experienced any crop losses. The virtue of frosty nights means that all of the items included in your veggie box this week are very sweet. The frost converts the starch in the plants to sugar so their sweetness is very pronounced.

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 and a variety of bands/food at all of the 5 towns. 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

Leek and Spinach Quiche

From: <http://www.marienaskitchen.com/2016/03/30/leek-and-spinach-quiche/>.

For the Crust:

- 1½ cups all purpose flour
- ½ tsp. salt
- ½ cup cold butter, cut into pieces
- 4-5 TBSP. ice cold water

For the Filling

- 1 lb. fresh, young leeks, thinly sliced
- 2 cups packed spinach, chopped [RDF Note: Chard can be used here too]
- 2 TBSP. butter
- 2 TBSP olive oil
- salt & pepper to taste

For the Custard:

- 3 large eggs
- 8 oz. cream (heavy or light)
- ½ tsp. salt
- ¼ tsp. freshly ground pepper
- 2 tsp. flour
- ½ – ¾ cup Gruyère, Swiss or Fontina cheese, grated
- ½ cup Parmesan cheese, grated

1. **For the crust:** Process the flour, salt and the butter in the bowl of a food processor until the mixture resembles coarse meal. With the motor running, slowly add the ice water. Pulse until the dough just holds together (no more than 30 seconds). Flatten the dough into a disk and wrap in plastic wrap. Refrigerate for at least an hour, or, overnight. (N.B. – This crust freezes very well for up to a month.)
2. **For the filling:** As the dough chills, prepare the filling. Clean the leeks well under cold running water. Trim and discard about 1" - 2" of the green tops. Thinly slice the leeks and let them drain. In a large, heavy skillet, heat the butter and olive oil. Add the leeks, season with salt and pepper and cook over medium-high heat, stirring occasionally, until the leeks are very soft and caramelized. Stir in the spinach and cook until wilted, about five minutes. Set aside to cool.
3. Preheat the oven to 375°F.
4. **For the custard:** In a bowl, mix together the eggs, the cream, the flour with the salt and pepper. Add the cooled leek and spinach mixture to the egg mixture and stir to combine.
5. Roll out the chilled dough (as quickly as possible so it stays cold), between two pieces of plastic wrap, to form a 10" round. Drape the dough over a pie pan (straight-sided is traditional, but a pan with sloped sides works fine as well), press it lightly into the bottom and sides of the pan, and fold the top inward. Prick the bottom of the dough with a fork and refrigerate for another 15-20 minutes (tip: keeping the dough very cold will prevent it from shrinking when it bakes.). Line the dough with parchment paper and then add some pie weights (or plain, dried beans) to keep the crust in place and to keep it from bubbling.

Make sure the weights are snug against the sides of the pan. Bake the shell for 15 minutes and then remove the weights and the parchment paper and bake for five more minutes or until it starts to get just a little color.

6. Remove the baked shell from the oven. Let it cool slightly. Sprinkle the Gruyere, Swiss or Fontina cheese over the bottom of the crust, then pour the custard and filling mixture over this. Sprinkle the top with the Parmesan cheese. Bake for about 30 minutes or until the filling feels firm around the edges and jiggles just a little in the center. It should look well puffed and lightly browned. Place on a wire rack to cool for about 20 minutes before slicing and serving.

Green Garlic and Bok Choy Cream Soup

From: <https://dontheapron.wordpress.com/2011/04/24/green-garlic-and-bok-choy-soup/>.

- 1 1/2 tablespoon olive oil
- 1 tablespoon butter
- 1/2 lb green garlic (approximately six shoots)
- 6 large leaves of bok choy (note, *not* **baby** bok choy)
- 1 quart vegetable or chicken stock
- Salt and pepper, to taste
- 2 tablespoons Greek yogurt (optional, can be replaced with cream, or creme fraiche)
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Directions

1. Prepare greens: wash and finely chop green garlic, discarding tips and root, and set aside. Break apart bok choy leaves by the base, soak in a large dish to remove sediment. Rinse, and shake off excess water. Slice white stems from green leaves, dice stems to a medium-fine size. Stack leaves on top of each other and cut roughly into 3" sections.
2. In a large pot or dutch oven, heat olive oil and butter together. Add chopped green garlic, allowing to cook till bright green and fragrant. Add in diced white bok choy stems, and sautee together approximately 5 minutes. At this point the garlic should smell sweeter, less raw, and delicious!
3. Add 1 quart stock, raise heat, cover. Once it boils, turn heat to low and allow to simmer for ~10-15 minutes.
4. Take off heat and add in bok choy leaves. Mix into soup, allow to blanch to a bright green color.
5. Working in batches, transfer soup to a blender and puree until mixed — or use an immersion blender. If using a blender, only fill blender 1/3 full, and hold down the lid with a folded kitchen towel to prevent leaks of the hot liquid. After blending, taste and adjust seasonings as necessary. Add yogurt and mix, if desired. Serve.