



Riverdog Farm

February 12, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

2 lbs. Blue Heron Navel Oranges  
2 hds Batavia Crisp Lettuce  
1 lb. Mixed Roots  
½ lb. Mei Qing Choi Raab  
1 hd Fennel  
1 bu Spinach  
1 hd Cabbage

**Box Notes:** The mixed roots are a combination of turnip varieties and rutabagas. Dice the roots into one-inch cubes, coat with olive oil and a dash of salt, these make scrumptious roasted roots. Roast at 375 degrees for about an hour until the roots are soft all the way through with a golden outer edge, tossing occasionally with a spatula so each side has a chance to become golden. Camino, one of our longtime restaurant produce buyers in Oakland, cuts the rutabagas into french fry sticks and roasts them in a similar way.

This is the last week delicious oranges will be included in your CSA box. The navel oranges are from Blue Heron Farm in Rumsey. They are CCOF certified organic. **Blue Heron Oranges are still available for purchase on 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 (while supplies last):** <https://csa.farmigo.com/store/riverdogfarmcsa>.

Check payment for February Deliveries is due by January 31<sup>st</sup>:

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

Thank you for your payment if already sent!

## Quarterly Payment Schedule:

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

January/February/March  
\$312

### 2<sup>nd</sup> Quarter

April/May/June  
\$312

### 3<sup>rd</sup> Quarter

July/August/September  
\$312

### 4<sup>th</sup> 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](#)

**Field Notes:** We have been harvesting wild stinging nettles from under the oak trees growing near the banks of Catch Creek for sale to our Bay Area restaurant customers. We would like to extend this spring time specialty to you, our CSA members! **Wild Stinging Nettles are now for sale in the web-store: 1# for \$10 or 3# for \$25.** Nettles are renown for their many health benefits. Follow this link to learn more: <https://draxe.com/stinging-nettle/>. The leaves can be used in place of cooked spinach in most recipes, but careful when handling them when raw, they do sting! Once blanched the plant loses its sting but retains its many health benefits

## Capay Valley Almond Festival

**Sunday February 25, 2018**

This festival is 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! 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. Sign on to your member account to add an egg subscription. Click the "Change" text located next to your current subscription, in the Summary Box. From there you can select an egg subscription. Contact the office with any questions.

## Build-Your-Own Buddha Bowl

RDF Adapted Recipe from: <https://cookieandkate.com>

### Ingredients

Rice and veggies

1 ¼ cups short-grain brown rice or long-grain brown rice, rinsed

1 ½ cups frozen shelled edamame, preferably organic

1 ½ cups trimmed and roughly chopped (RDF Substitution) Mei Qing Choi Rabb

1 ½ cups cubed and turnips roasted with miso a glaze

1 to 2 tablespoons tamari or soy sauce, to taste

4 cups chopped cabbage or spinach or romaine lettuce or kale

2 ripe avocados, halved, pitted and thinly sliced into long strips (wait to slice just before serving, see details in step 5)

### Garnishes

1 small cucumber, very thinly sliced

Carrot ginger dressing\*

Thinly sliced green onion (about ½ small bunch)

Lime wedges

Toasted sesame oil, for drizzling

Sesame seeds

Flaky sea salt

### Carrot Ginger Dressing

½ cup extra-virgin olive oil

½ cup rice vinegar

2 large carrots, peeled and roughly chopped (about ⅔ cup)

2 tablespoons peeled and roughly chopped fresh ginger

2 tablespoons lime juice

1 tablespoon plus 1 teaspoon honey

1 ½ teaspoons toasted sesame oil

¼ teaspoon salt, more to taste

### Dressing Instructions

In a blender, combine all of the salad dressing ingredients as listed. Blend until completely smooth. Taste, and add additional salt if the dressing doesn't make your eyes light up. If it's too sour (it should have some zing to it), blend in a bit more honey.

Dressing keeps well in the refrigerator, covered, for 1 to 2 weeks.

### Bowl instructions

Bring a large pot of water to boil (ideally about 4 quarts water).

Once the water is boiling, add the rice and continue boiling for 25 minutes. Add the edamame and cook for 3 more minutes (it's ok if the water doesn't reach a rapid boil again). Then add the choi rabb and cook for 1 more minute.

Drain well, and return the rice and veggies to the pot. Season to taste with 1 to 2 tablespoons of tamari or soy sauce, and stir to combine.

Divide the rice/veggie mixture and raw veggies into 4 bowls.

Arrange cucumber slices along the edge of the bowl. Drizzle lightly with carrot ginger dressing and top with sliced green onion. Place a lime wedge or 2 in each bowl.

When you're ready to serve, divide the avocado into the bowls. Drizzle sesame oil over the avocado, followed by a generous sprinkle of sesame seeds and flaky sea salt. Serve.

Leftover bowls keep well (avocado excluded) for 4 to 5 days in the refrigerator.

### Spinach Shakshuka

From: <https://www.epicurious.com>

### Ingredients

3-4 tablespoons extra-virgin olive oil, plus more for drizzling

1 large yellow onion, finely chopped

1 small jalapeño, seeded and finely chopped

4 garlic cloves, finely chopped

¼ teaspoon ground coriander

¼ teaspoon ground cinnamon

1 teaspoon kosher salt

10 ounces (280 g) baby spinach

2 teaspoons fresh lemon juice

4-6 eggs

Freshly ground black pepper

Feta cheese and roughly chopped fresh cilantro, for sprinkling

### Preparation

Heat the olive oil in a large pan set over medium heat. Add the onion and jalapeño and cook, stirring occasionally, until softened, 6 to 8 minutes. Add the garlic, coriander, cinnamon, and salt, and cook, stirring, until fragrant, 1 to 2 minutes.

Add the spinach and lemon juice to the pan, turn the heat to low, cover, and cook, tossing occasionally with tongs, until the spinach is very soft, 7 to 10 minutes. (If the spinach does not fit all at once in the pan, add a little at a time, adding more as the spinach in the pan wilts.) Uncover and evenly spread the mixture across the bottom of the pan. Use the back of the spoon to make four to six shallow indentations in the surface of the greens mixture to hold the eggs while they cook.

Break the eggs into small cups and gently slide them into the indentations. Raise the heat to medium, cover the pan, and cook until the whites are set but the yolks are still a bit runny, 4 to 5 minutes. Remove the pan from the heat. Drizzle a little more olive oil on top and sprinkle with pepper, feta, and cilantro. Serve hot, directly from the pan.

### Orange Fennel and Avocado Salad with Lemon Citronette

From: <https://cookieandkate.com>

### Ingredients

2 heads Batavia lettuce

2 oranges, sliced into segments

1 bulb fennel, quartered, cored and sliced into super thin strips (reserve fennel fronds)

1 avocado, diced

2 ounces (about ⅓ cup) goat cheese, crumbled

3 tablespoons sliced almonds

### Citronette

¼ cup olive oil, more to taste

1 lemon, preferably organic, zested and juiced

½ teaspoon Dijon mustard

½ teaspoon honey

Sea salt and lots of freshly ground black pepper, to taste

### Instructions

In a small skillet over medium heat, toast the almonds for a few minutes, stirring frequently so they don't burn. Once the almonds are fragrant and starting to turn golden, remove from heat and transfer to a plate.

In a large serving bowl, combine the greens, segmented oranges, sliced fennel, diced avocado, goat cheese and warm almonds. If the fennel's feathery fronds (say that five times fast) are in good shape, chop up a handful's worth and toss them into the salad.

In a small bowl, whisk together the salad ingredients until emulsified. Whisk in more olive oil if the dressing tastes too tart. The final result should be pleasantly tangy.

Once you're ready to serve, drizzle citronette over the salad (you might not need all of it) and toss. Serve immediately.