



Riverdog Farm

February 19, 2018

Riverdog Farm Veggie Box News

Box Contents:

2 hds Batavia Crisp Lettuce
1 bu Green Garlic
1 bu Chioggia Beets
1 bu Dandelion Greens
1 lb. Mixed Roots (assorted radishes)
1 lb. Leeks
1 hd Red Cabbage
1 Butterkin Squash

Box Notes: We welcome the arrival of green garlic and dandelion greens! Use the green garlic as you would dry garlic or garlic gloves, just slice like a scallion and sauté until translucent or add to raw to salad dressing. The green garlic adds the delicious flavor of allium-y springtime to cooked greens, frittata, or soup. The green garlic and the leeks can be sautéed together to create a flavor base for most savory dishes. The winter squash is winding down, savor it while you can as, after it's done in about 2 weeks, it won't be back until late fall.

Field Notes: Unexpected cold snaps have hit the valley. Last night we had a low of 25 degrees and the same is forecasted for tonight. Although we've had sunny warm days that have been unusual for February, the cold nighttime temperatures have delayed the asparagus season. We were expecting the asparagus to start sooner since we've had mild weather for all of February. Fingers crossed for the first spears to appear within the coming week.

Spring Hams Now available In the web-store! \$11/lb. Hams range from 6-8.75 lbs. Our hams are smoked and cured at Roundman's Smokehouse in Fort Bragg. Limited supply. Contact the office if you would like to reserve your Easter Ham at csa@riverdogfarm.com

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 be careful when handling them when raw (use gloves), 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. Please contact the office with any questions.

Check payment for March Deliveries is due by February 28th:

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

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](#)

Daikon Salad

From: <https://foodfidelity.com/2017/10/30/simple-asian-purple-green-daikon-radish-salad/>

This salad is for all you daikon haters out there. Try it! This simple salad will make a daikon lover out of anyone. The key is perfecting your knife skills, follow the links below the recipe for instructional videos on how to safely learn and develop your match stick cutting.

Ingredients

- 1 Tbsp. tamari or light soy sauce
- 1 Tbsp. rice vinegar
- 1 Tbsp. sesame oil
- 1 tsp. honey or sugar
- 1 Tbsp. black sesame seeds
- 1 Purple Daikon
- 1 Watermelon Daikon

Instructions

In a bowl, mix soy sauce, vinegar, sesame oil, honey and sesame seeds.

Peel and cut both Daikons into very thin match sticks.

Mix Daikon well with dressing.

Follow this link to an instructional video (thanks YouTube!) on how to match stick cut root veggies:

<https://www.youtube.com/watch?v=oBdEyYC9Mf0>

If you do not have a mandolin check out this video instead:

<https://www.youtube.com/watch?v=x0wCICChoRQ&t=71s>

SAUTEED DANDELION GREENS

FROM:

[HTTPS://WWW.EPICURIOUS.COM/RECIPES/FOOD/VIEWS/SAUTEED-DANDELION-GREENS-242014](https://www.epicurious.com/recipes/food/views/sauteed-dandelion-greens-242014)

Dandelion greens are so good for you! Loaded with vitamin A, K, C and calcium. This bitter green mellows with cooking, but can also be enjoyed raw in a salad mixed with lettuce, arugula or spinach. Follow this link to read about the amazing health benefits of the Dandelion Green:

<https://www.livestrong.com>

INGREDIENTS

- 3 pound dandelion greens, tough lower stems discarded and leaves cut crosswise into 2-inch pieces
- 1/2 cup extra-virgin olive oil
- 5 large garlic cloves, smashed (RDF suggestion use green garlic in place of 1/2 the garlic called for in this recipe)
- 1/4 to 1/2 teaspoon dried hot red-pepper flakes
- 1/2 teaspoon fine sea salt

PREPARATION

Cook greens in a 10-to 12-quart pot of boiling salted water (3 tablespoons salt for 8 quarts water), uncovered, until ribs are tender, about 10 minutes. Drain in a colander, then rinse under cold water to stop cooking and drain well, gently pressing out excess water.

Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook garlic and red-pepper flakes, stirring, until pale golden, about 45 seconds. Increase heat to medium-high, then add greens and sea salt and sauté until coated with oil and heated through, about 4 minutes.

Cooks' note: Dandelion greens can be boiled 3 days ahead. Chill, wrapped in paper towels, in a sealed bag.

Balsamic Roasted Winter Squash with Beets and Quinoa

RDF Adaption From: <https://www.yummly.com/>

Ingredients

- 2 large or 4 small beets (trimmed and washed)
- 1 Butterkin squash (seeded and cut into 8 wedges)
- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons balsamic vinegar
- 1 cup white quinoa (rinsed and drained)
- 1 red onion (small, thinly sliced)
- 1 stalk green garlic (thinly sliced)
- 1/2 cup Italian parsley leaves (loosely packed, finely chopped)
- 1/2 cup toasted walnuts (finely chopped)

Directions

Preheat the oven to 425°F. Wrap each beet in foil and place on a baking pan. Bake for 1-1/2 hours, depending on the size, until tender. Set aside cool. Wearing disposable gloves, peel the beets and cut into thin wedges.

Meanwhile, place the squash on a baking pan. Drizzle with 1 tbsp. each of the oil and balsamic vinegar and toss to coat. Season. Bake for 30-35 mins, until tender.

Cook the quinoa according to package directions. Cover to keep warm.

Heat the remaining 1/2 tbsp. oil in a small skillet on medium heat. Cook the onion, garlic and remaining 1/2 tbsp. balsamic vinegar for 5 mins, until the onion softens. Add to the quinoa with beet wedges, parsley and walnuts. Stir to combine and to color the quinoa.

Spoon the beet quinoa on a serving platter. Top with roast squash and serve.