



Riverdog Farm

February 25, 2019

# Riverdog Farm Veggie Box News

## Box Contents:

- 1 ½ lbs Navel Oranges
- 1 ½ lbs Murcotts
- 1 bu Green Mustard
- 2 hds Red Batavian Lettuce
- 1 bu Chioggia Beets
- ¼ lb Mei Qing Choi Rabe
- 1 lb Yellow Finn Potatoes
- 1 lb King Richard Leeks
- 1 bu Gold Chard

**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 Murcott mandarins in your veggie box this week are from Gold Oak Ranch in Rumsey and are CCOF-certified organic. And the navel oranges are from Blue Heron Farm in Rumsey. They are also CCOF-certified organic.

## The scoop on the new gray plastic totes:

When you pick up your veggie box, please check it for a white sticker label (either on the sides/ends or top). If it has a white sticker label with someone's name on it, then it has add-ons and is a special order for someone else. Be sure to take a veggie box without a white label if you are picking up a veggie box without add-ons. 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:** Rain is in the forecast this week. It's looking like 4 inches may fall over the next few days. This storm will bring the annual rainfall total to higher than average so we're feeling relieved that this winter will not be another drought year.

## 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

## Sesame Soy Braised Mei Qing Choi

Adapted from [Blue House Organic Farm](#)

From: <https://www.prospectheightscsa.org/recipes/2018/1/16/sesame-soy-braised-mei-qing-choi>.

- 1 head (or 6-8 baby heads) Mei Qing choy [or flowering choy rabe and green mustard-RDF note]
  - 2 Tbs peanut oil
  - 1 Tbs grated ginger
  - 1 Tbs minced garlic
  - ½ cup chicken stock
  - 1 Tbs toasted sesame oil
  - 2 Tbs soy sauce
  - 2 tsp rice vinegar
  - 1 tsp sugar
  - Salt and pepper to taste
  - 2 Tbs sesame seeds
1. Trim the root end off the Mei Qing choy. Slice the leafy portions of the plant from the stalks. Chop both the leaves and the stalks, keeping the two piles separate.
  2. Heat very large, heavy skillet or wok until it looks hazy over the surface, 2-4 minutes. Add peanut oil and swirl it to coat the pan. Add bok choy stems; stir-fry about 5 minutes.
  3. Add ginger and garlic and stir-fry briefly. Add Mei Qing choy greens, chicken stock, sesame oil, soy sauce, rice vinegar, sugar, and salt and pepper to taste. Cover; reduce heat to medium-low, and cook until bok choy is tender and glazed with sauce, 5-8 minutes.
  4. Remove cover, sprinkle with sesame seeds, increase heat to medium-high, and cook until excess liquid evaporates, 2-3 minutes. Adjust seasonings to taste.

## Potato and Leeks Casserole

From: <https://bakeatmidnite.com/potato-leek-casserole/>.

- 2 lbs russet potatoes (RDF note: substitute with any non-fingerling potato variety)
  - ¾ cups warm milk
  - 2 tbs Parmesan cheese
  - 1 tbs butter
  - 2 leeks
  - 3 slices crisp-cooked bacon, diced
  - 2 tbs olive oil
  - salt & pepper to taste
  - Crunchy topping:
  - ¼ cup Panko bread crumbs
  - 1 tbs melted butter
1. Prepare leeks by slicing and cleaning them, as per link in the post. Lightly spray a 1.5-2 quart baking dish. Preheat oven to 375 degrees F
  2. Heat a large skillet over medium-high heat. Heat the olive oil and add the leeks. Cook until leeks are translucent, about 5 minutes; set aside.
  3. Cook potatoes until tender; drain.

4. Add the 1 tbs butter and mash until smooth. Add the milk in small amounts until potatoes are creamy, yet hold their body. You may not use all the milk.
5. Mix the Panko crumbs with the melted butter.
6. Fold the cooked leeks Parmesan cheese and bacon into the potatoes. Turn into prepared pan and top with the buttered Panko crumbs.
7. Bake for 30-40 minutes, or until heated through and crumbs are golden brown.

## Tangerine Avocado Salad

From: <https://about.spud.com/blog-tangerine-salad/>.

### FOR THE SALAD

- 2 avocados, sliced
- 4 tangerines, peeled and broken into segments
- 6 cups baby greens
- 1/2 cup mint leaves
- 1/4 cup crushed nuts
- 1/4 cup pomegranate seeds

### DRESSING

- 1/2 cup fresh tangerine juice
  - 1 jalapeno
  - 1 tbspc diced red onion
  - 2 tbspc white balsamic vinegar
  - 1/4 cup olive oil
  - salt and pepper to taste
1. Dice jalapeno – the more seeds and pith you include the spicier it will be – and mix with tangerine juice, olive oil, vinegar, red onion in a blender. Blend until emulsified.
  2. Combine sliced avocado and tangerine segments over a bed of baby greens. Top with nuts and seeds.
  3. Drizzle dressing over top and season with salt and pepper.