



Riverdog Farm

March 5, 2018

Riverdog Farm Veggie Box News

Box Contents:

2 hds. Batavia Lettuce
1 lb. Leeks
1 bu. Collard Greens
1 bu. Red Beets
1 bu. Green Garlic
1.5 lb. Mixed Daikon Radish
2 hds. Bok Choi
1 Butterkin Squash

Box Notes: Asparagus is on the horizon! It should be making a slightly-later-than-usual seasonal appearance in the coming weeks. Its arrival has been delayed by the extremely cold nights we've been experiencing. Once it gets going, we will feature this delectable treat in the veggie boxes each week for about 1 ½ months. Also up ahead, late April/early May: snow, sugar and snap peas, more Tokyo turnips, a variety of lettuce heads, more Little Gem lettuce, and spring onions.

Field Notes: We received over 1 ½ inches of rain last week. This amount of rain helped moisten the soil and settle the dust. It also helped water in some of the recently transplanted crops including: fennel, broccoli, cauliflower, kale, chard, and lettuce. The air is so clear this week you can view Mt. Shasta, Mt. Lassen and the snow covered Sierra Mountain range from Woodland and the Central Valley. There are very few times of the year when the air quality is this clear. It's a great month for hiking in the Berryessa Snow Mountain National Monument region, a combination of federally managed Bureau of Land Management land, and Yolo County parks connected via pedestrian and equine trails. The wildflowers are beginning to make their first appearance with a great showing of Dutchman's Pipe last week. For hiking trail access and maps visit: yolohiker.org. The best valley for wildflower viewing is Bear Valley in Colusa County, accessible by vehicle via Hwy 20 near Wilbur Hot Springs.

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](#)

Spring Hams Now available in the web-store!

A pasture raised ham is the simplest way to please an Easter crowd. Cote the ham in a citrus glaze, loosely cover with foil and heat. Our hams are bone in, smoked and cured to perfection by Roundsman's Smokehouse in Fort Bragg. Limited availability. Hams are \$11/lb. range from 5-9 lbs. and ship frozen. When shopping the web store, keep in mind you order will ship with the next scheduled delivery. Follow this link:

<https://csa.farmigo.com/store/riverdogfarmcsa> to purchase your spring ham.

When ordering select the number of pounds you would like your ham to weigh and we will choose a ham as close to that weight as possible.

The next food-focused festival in Yolo County is the **California Honey Festival** in Woodland, on Saturday May 5, 2018 from 10 am to 5 pm. For more information visit: <https://californiahoneyfestival.com>.

I know, leeks again. Check out this list of 27 amazing leek recipes from Bon Appetit, it's sure to get you excited about using up the leeks in this weeks box:
<https://www.bonappetit.com/recipes/slideshow/23-favorite-leek-recipes>. Our favorites? Glad you asked! Check out the *Chickpea Pancake with leek and squash* (buttery butterkin and leeks? Oh ya!), the Irish favorite *Colcannon*, and the *Millet Polenta with miso*. Also this simple beauty:

Smashed Twice-Cooked Potatoes with Leeks and Green Garlic

From: <https://www.bonappetit.com/recipe>

Ingredients:

2 ½ pounds medium Yukon Gold potatoes
1/3 cup olive oil, plus more for serving
Kosher salt and fresh ground pepper
2 leeks, dark green parts discarded, cut into one inch pieces
4 green garlic bulbs and stalks
1 teaspoon finely grated lemon zest
1 tablespoon fresh lemon juice

Recipe Preparation

Steam potatoes in a steamer basket in a covered pot filled with 2" water until tender, 15–20 minutes. Transfer potatoes to a plate; let cool. Press with your hand to flatten until skins split and some flesh is exposed (a few may fall apart).

Heat half of ⅓ cup oil in a large skillet over medium-high. Add half of potatoes; season with salt and pepper. Cook, tossing occasionally, until potatoes start to brown, 8–10 minutes. Add half of leeks and garlic; cook, tossing, until potatoes are brown and crisp and leeks are golden and soft, about 4 minutes. Transfer to a large bowl. Repeat with remaining oil, potatoes, leeks, and garlic.

Add lemon zest and juice to potatoes and toss well; season with salt and pepper. Serve drizzled with more oil.

Miso Udon Noodle Soup with purple daikon and bok choy

From: <https://spadeandplow.com>

Ingredients

4 Cage-Free Farm Eggs
1 lb. Fresh Udon Noodles
2 Carrots
2 cloves Garlic (RDF substitution: 1 stalk green garlic)
2 Scallions
1 Purple Daikon Radish
1 head Bok Choy
2 Tbsps. Hoisin Sauce
2 Tbsps. Sesame Oil
2 Tbsps. Soy Sauce
1 1-Inch Piece Ginger
1 Dried Lime
⅓ cup Roasted Cashews
¼ cup Sweet White Miso Paste

Directions

-Heat a small pot of water to boiling for the eggs. Prep veggies: Peel and finely chop the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops. Reserve both! Peel the carrots and thinly slice into rounds. Cut off and

discard the root end of the bok choy; thinly slice the stems and roughly chop the leaves. Roughly chop the cashews. Cut off and discard the ends of the radish. Peel and halve radish lengthwise, then thinly slice. Place the radish in a bowl with the sesame oil; season with salt and pepper.

-Boil eggs for 7 minutes. Drain and rinse under cold water to stop the cooking process. When cool enough to handle, carefully peel the cooked eggs and set aside.

-Heat 2 teaspoons of olive oil in a large pot on medium-high. Add the garlic, ginger and white bottoms of the scallions; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Add the carrots; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes.

-Add the miso paste, hoisin sauce, dried lime and 5 cups of water to the pot. Heat to boiling. Once boiling, reduce the heat to medium and cook, stirring occasionally, 7 to 9 minutes, or until reduced in volume by about ¼. Add the bok choy stems and leaves. Season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until the stems have softened and leaves have wilted.

-Add the noodles and soy sauce to the pot. Cook, stirring occasionally, 2 to 4 minutes. Turn off the heat. Season with salt and pepper to taste. Carefully remove and discard the dried lime.

-Divide the finished soup between 4 bowls. Cut the boiled eggs in half and season with salt and pepper. Top the soup with eggs, green tops of the scallions, cashews and marinated radish (including the marinating liquid). Enjoy!

Collard Greens Salad with Apples, Beets and Pepitas

From: <http://simplicityrelished.com/collard-greens-salad-apples-beets-pepitas-vegan/>

Ingredients:

1 bunch collard greens (fresh, smaller greens are best.)
1/2 teaspoon sea salt
1 large or 2 small beets
1 large apple
1 handful pepitas
1 handful dried cranberries

For the dressing:

1/4 cup olive oil
Juice from 1 lemon
1 tablespoon brown mustard
1 tablespoon maple syrup
Salt & pepper to taste

Directions:

Roast or boil beets till tender, peel skins then chop into a dice

Remove the tough ribs of the collards by slicing with a knife. Roll up the leaves together, and slice them very thinly.

Place the chopped leaves into a large bowl. Sprinkle evenly with sea salt, and massage the leaves for approximately one minute. The leaves should soften and become fragrant.

Dice the apple and toss the salad with the chopped beets, pepitas and cranberries.

Mix the dressing until well-incorporated, and drizzle over the salad. Enjoy!