

Riverdog Farm Veggie Box News

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Box Contents:

3 lbs Mandarins
1 bu Rapini
1 Butternut Squash
1 bu Orange Carrots
1 bu Purple Carrots
1 bu Spinach
1 hd Cabbage
1 bu Green Garlic
1 lb Romanesco
1-2 Meyer Lemons

Field Notes: Happy 2010! We are looking forward to a year of continued farm prosperity, employee good health, and time for delicious meals prepared with the freshest ingredients. During the farm's holiday hiatus, the crops didn't stand still. The rainstorms pumped up the carrots with moisture; the milder weather made the green garlic double in girth. The leafy greens became a darker shade of green and the cabbage continued its progress towards bowling ball status. It was a welcoming sight for all here on the farm ready to get back to work. We hope that you got the rest and relaxation you deserve over the holidays and that the New Year brings you all you are wishing for.

Box Notes: The seedless, Owari Satsuma mandarins come from Gold Oak Ranch (certified organic by CCOF). The very sweet Meyer Lemons are from Lamb Valley Farm in Esparto and are registered organic with the State of CA. Rapini is a cooking green that needs a little salt and a dash of lemon juice or vinegar to mellow its slightly bitter quality. The spinach is a deep dark green this time of year due to the cold weather. It makes a delicious spinach salad. Be sure to double rinse the spinach because during the rainy season, spinach tends to collect a lot of gritty soil. To double rinse, fill a large bowl with cool water, place the leaves, de-stemmed in the water bath and gently swirl them around. The grit will settle to the bottom of the bowl; then lift the leaves out of the water and do this process one more time with fresh water. After the leaves have been double rinsed, I like to place them in a colander and run cool water over them to ensure that all the sandy bits have been removed. Spin-dry the leaves, place in a salad bowl, toss the leaves with some sesame-ginger vinaigrette (see recipe below) and feta cheese. Add some grated carrots and very thinly sliced cabbage. Rinse and thinly slice the white shank of the green garlic and add to the top of the salad. Mandarin slices or sliced boiled eggs add different dimensions. We ate a spinach salad last night for dinner – every leaf was eaten down to the last drops of dressing at the bottom of the bowl.

Payment Reminder: The veggie box price is \$20 per week. February payment is due by January 29, 2010.

Monthly payment for four weeks of deliveries in February is \$80.

If you have any questions about your account status, please email us at csa@riverdogfarm.com or call (530) 796-3802.

Please check the "Ordered-Through" column on the sign-out sheet. If the printed date in the column is earlier than the end of the month, your payment for the remainder of the current month is due by the printed date. Without timely receipt of payment, deliveries might be interrupted.

We don't advertise our CSA program. We currently have space for additional subscribers. Endorsement from members who enjoy our service is the best advertisement we could ever hope for! If you like what we do and know folks who would enjoy receiving our weekly veggie box deliveries, please have them give us a call, send us an email, or visit our website: www.riverdogfarm.com.

Bulk Mandarins are available! Mandarin deliveries will resume this week and will be around until about mid-January. A 20 lb case of Owari Mandarins from Gold Oak Ranch (certified organic by CCOF) is \$30. Please place your order by phone or email by the Sunday before your delivery day. Please make your payment to Riverdog Farm and mail your payment to the farm when you place your order. Thank you!

Riverdog Farm Pork Shares & Sausages: Bulk cases of assorted pork cuts and sausages are available.

Pork Sausages: 10 lbs of assorted styles is \$65

Pork Shares: bulk case (ranging from 15 to 20 lbs) of assorted cuts is \$7 per pound

Email csa@riverdogfarm.com for more information or to request a list of pork shares. Visit our *Hog Blog* (riverdoghog.blogspot.com) to view photos of our pigs.

Roasted Carrots with Thyme

From: <http://eggsonunday.wordpress.com/2008/03/27/a-thing-of-beauty-roasted-carrots-with-thyme/>

RDF note: Peeled and cubed butternut squash can be added to this roasted root recipe.

About 8 carrots, scrubbed well

Olive oil

About 1 tablespoon fresh thyme leaves

Kosher salt and freshly ground black pepper

Preheat the oven to 425. Cut the carrots on the diagonal into roughly 1 inch pieces. Place on a baking sheet and drizzle with olive oil (I never measure, but it's usually about a tablespoon give or take). Sprinkle with kosher salt, freshly ground black pepper, and thyme leaves. Use your hands to toss the carrots with the oil, salt, pepper and thyme right on the baking sheet. Roast for about 25 minutes, stirring occasionally, until the carrots are nicely browned on the edges but not burned, and tender when you pierce one with a fork. Sprinkle with a little more fresh thyme when you serve, if you like. Serves 4.

Sesame Ginger Vinaigrette

From: <http://www.suntimes.com/recipes/salads/481812,foo-news-aswap25r.recipe> (July 25, 2007)

1 orange, zested and juiced

2 tablespoons rice wine vinegar

2 tablespoons grated fresh ginger

2 cloves garlic, minced

½ cup canola or safflower oil

¼ teaspoon black pepper

2 tablespoons light soy sauce or tamari

1 tablespoon honey

2 scallions, minced

2 tablespoons sesame oil

½ teaspoon salt

2 tablespoons toasted sesame seeds

In medium bowl, stir together orange zest and juice, soy sauce, rice wine vinegar, honey, ginger, scallions and garlic. Slowly whisk in sesame oil and canola or safflower oil, just until incorporated. Season with salt and pepper. Stir in sesame seeds just before serving. Dressing can be refrigerated in airtight container for up to one week.

Squash Latke from RDF veggie box subscriber Robin Jolin's food blog:

<http://robinjolin.blogspot.com/2009/12/squash-latka.html>

To make latkes, you'll need:

Cheese Grater

Frying Pan

Lots of Olive Oil

2 Leeks

1 Small Butternut Squash

2 Clean Cloths

Mixing Bowl

Crème fraiche

4 eggs

Seasoning - salt, pepper, cayenne pepper if you like it spicy

Grate the squash. [Thinly slice leeks – RDF.] Using a clean cloth, squeeze as much moisture as possible from the squash and leeks. Mix your grated squash, leeks, spices and eggs together. Measure a ¼ cup of the batter and fry on a skillet. Spread the batter into discs, but take care to not make them too thin. Cook until the edges are brown then turn onto the other side. Set on paper towel to remove excess oil. Serve with crème fraiche.