

Riverdog Farm Veggie Box News
PO Box 42 Guinda, CA 95637
(530) 796-3802

January 5, 2009
www.riverdogfarm.com
csa@riverdogfarm.com

Box Contents:

1 bu Carrots
1 bu Green Chard
1 bu Tokyo Turnips
2 lbs Satsuma Mandarins
1½ lbs Leeks
3/5 lb Spinach
1 hd Green Cabbage
1-2 pieces Meyer Lemon

Field Notes: Happy 2009! The last two weeks have been very quiet on the farm. After our year-end farm party on December 19, 2008, everyone took a two-week vacation. Despite the economic downturn, we were pleased to be able to offer bonuses to our employees for a year of hard work well done throughout 2008. The end of the year bonuses makes the two weeks off more financially feasible. January is time for crop planning, seed ordering and greenhouse seeding. This week in the greenhouse we are seeding spring cruciferous crops such as cabbage, broccoli, bunched kales, and cauliflower.

Box notes: Because of the continued cold weather, the carrots, turnips, leeks, chard, and spinach are loaded with sweetness. We had two nights dip down to 20 degrees. While this low temperature is not great for more delicate crops such as lettuce, the roots and cruciferous crops can handle it and are actually enhanced by temperatures below 32 degrees. The carrot patch is looking strong. We are pleased to be able to offer you weekly carrots throughout January. Carrots are one of those crops that pleases everyone - steamed, raw, in soup, roasted with chicken, glazed, grated on salad - there are so many ways to enjoy them. You'll probably have trouble making them last. It's easy to eat a whole bunch right from the veggie box. The Meyer Lemons are from Lamb Valley Farm in Esparto. They are organically grown and each lemon is harvested and hand polished by the owners Ron and Helen Voss. Because they are at a higher elevation than Riverdog Farm, they are able to grow more frost-tender crops such as citrus. Typically, they are 10+degrees warmer than Guinda. Meyer lemons are known for their sweetness. They make a delicious honey lemon tea. The juice of the Meyer lemon also makes a great salad/raw veggie dressing with one part lemon juice to 3-4 parts olive oil. The Satsuma Mandarins are from Gold Oak Ranch. They are organically grown in Rumsey and Esparto.

Payment Reminder: The February payment of \$80 is due by January 30, 2009.

Monthly payment for five **Wednesday / Thursday / Friday** 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 may be interrupted.

Buckwheat Linguine with French Lentils, Carrots, Leeks, and Chard from *The Greens Cookbook* by Deborah Madison with Edward Espe Brown

8 ounces Soba (buckwheat) noodles

1 bay leaf

Few spoonfuls virgin olive oil

1 bunch red or green chard

2 cloves garlic, finely chopped

1 celery stalk, cut into ¼-inch squares

Water or vegetable stock

Parmesan

½ cup French lentils

¼ teaspoon salt

Pepper

6 tablespoons extra virgin olive oil

2 medium carrots, cut into ¼-inch squares

1 or 2 leeks, white part only, finely chopped

1 tablespoon parsley, chopped

Bring a large pot of water to a boil.

Sort and rinse the lentils well; then cover them generously with water and bring them to a boil with the bay leaf and the salt. Cook at a slow boil until they are tender, 15 to 20 minutes. Be careful not to overcook them or they will lose their shape and texture. Drain them and save the liquid for soup stock. Toss the lentils with a little olive oil. Season with salt and freshly ground black pepper, and set them aside.

Cut the chard leaves away from the stems, wash them well, and slice the leaves into strips about 1-inch wide. Save the stems to cook by themselves or to use in stock.

Slowly warm 4 tablespoons of the olive oil in a skillet or sauté pan with the garlic and cook for about 1 minute, taking care that the garlic doesn't color. Add the lentils, carrots, celery, and leeks, and stir to coat them with oil. Cook for 1 minute over medium heat with a sprinkling of salt; then pour in $\frac{3}{4}$ cup water or stock and add the chard. Stew until the vegetables are tender. If the liquid evaporates, add more so that there will be a little sauce at the end.

When the vegetables are done, salt the boiling water and cook the noodles; then scoop them out and add them to the vegetables. Toss everything together, add the parsley, and season with freshly ground pepper. Serve the noodles and spoon the remaining olive oil over the top. Finish with a handful of grated Parmesan cheese.

Kale and Potatoes from subscriber Kathy Wong

2 bu kale or other hardy greens such as cabbage	1½ lbs potatoes, sliced ¼ inch thick
6 medium cloves garlic	½ lb dried padrone peppers, no seeds, 1 minced fine
handful sun-dried tomatoes, sliced	
2 leeks (white and light green parts)	2 cups broth or water

Cook in a heavy lidded casserole dish at 400 degrees for approximately 30 minutes until done (potatoes are soft). Toss together with olive oil and salt

Green Cabbage Soup from *Vegetable Soups from Deborah Madison's Kitchen* by Deborah Madison

1 small cabbage (about 1 lb)	2-3 tablespoons butter
1 large leek, white part only, quartered lengthwise, chopped, and rinsed	
1 hefty Yukon Gold or russet potato, peeled and roughly cubed	
Sea salt and freshly ground pepper	
To finish: Sour Cream or yogurt	Minced parsley or dill

Quarter the cabbage, remove the cores, and thinly slice the wedges crosswise. You should have 5-6 cups. Bring 3 quarts water to a boil. Add the cabbage, cook for 1 minute, then drain.

Melt the butter in a soup pot. Add the leek and potato, give them a stir, and cook for a minute or two, then add the cabbage and 1-teaspoon salt. Pour over 5 cups water, bring to a boil, then lower the heat and simmer, covered, for 20 minutes or until the potato is tender. Taste for salt and season with pepper.

Ladle the soup into bowls, then add to each a dollop of sour cream, a sprinkling of parsley, and a final grinding of pepper.

Variation: Break toasted bread into small pieces and add to the soup bowl. Add slices of gorgonzola cheese in place of the sour cream.