

## Riverdog Farm Veggie Box News

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### Box Contents:

3 lbs Satsuma Mandarins

1 lb Watermelon Radish

1 lb Parsnips

1-2 hds Bok Choi

1 bu Red Russian Kale

1 bu Carrots

1 bu Spinach or Rapini

1 bu Red Radish

½ lb Broccoli

2-3 pcs Delicate Squash

**Field Notes:** The morning temperatures, post snow day on 1/1/11, have been very cold. We had a series of heavy frost each morning for 4 days in a row. For the crops, this means very slow growth and some reduction in yield due to external damage. Most of the crops now in the ground can withstand some frosty mornings. For the bunching greens such as chard and kale, external leaves that are exposed to the frost may have some burned edges but these are removed and usually the inner leaves rebound. The cold days now prompt us to plan for boosting up the spring plantings, both in the greenhouse and in the field as soon as the field conditions become optimal for planting, to compensate for any winter losses. The first dry spell in February will be a frenzy of field preparation and direct seeding of carrots, beets, turnips, lettuce, and braising mix.

**Box Notes:** The Satsuma Mandarins are from Gold Oak Ranch (certified organic by CCOF) in Rumsey. The beautiful deep pink watermelon radish, also known as rose daikon, is mild and crunchy eaten raw, thinly sliced or grated, or can be sautéed with ginger root, garlic, cauliflower, carrots, and broccoli. This is the first week of the humble, yet incredibly tasty, parsnip. See roasting recipe below. When peeled, parsnips turn dark like potatoes so put them in water until ready to cook. The parsnips from our farm don't require peeling because they are harvested young. As they get bigger, they may need to be peeled because the skin becomes thicker.

**Membership Drive:** We included a few of our brochures for you to pass on to friends, neighbors and colleagues; people you think will enjoy the vegetables and appreciate what we do. Our Veggie Boxes are an integral part of our ability to keep our core crew working in the winter; providing year round employment in an industry infamous for its seasonal nature. Whatever your reasons are for being a part of our Riverdog Farm community, we hope that you won't mind mentioning us. Thank you very much for your continued support of our farm.

**Payment Reminder: The veggie box price is \$20 per week. February payment is due by January 28, 2011.**

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](mailto: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.

**Bulk Satsuma Mandarins and Almonds:** Organic Satsuma Mandarins from Gold Oak Ranch (certified organic by CCOF) and Riverdog Farm's almonds are available in bulk quantities. Please place your order by Friday prior to your delivery day and send payment when you place your order.

**Satsuma Mandarins: 25 lb case of mandarins is \$30**

**Almonds: 5 lb bag of almonds is \$40**

**Riverdog Farm Organic Almond Butter:** Organic almond butter is available for delivery to your pickup location. Please place your order by Friday prior to your delivery day and send payment when you place your order.

**2-Jar Case is \$24**

**Dozen-Jar Case is \$120**

Each jar contains one pound of almond butter. The jars are beautifully labeled and make great gifts.

**Riverdog Farm Pastured Chicken:** Riverdog Farm meat birds are certified organic (CCOF) animals. Chickens are processed in a non-organic facility, therefore the meat is not certified organic. Whole chicken includes head and feet and are delivered frozen.

**White Cornish: 3 to 5 pound birds at \$4.50 per pound**

**Poulet Rouge: 2.5 to 4 pound birds at \$5 per pound**

**Riverdog Farm Pastured Pork:** Riverdog Farm hogs are certified organic (CCOF) animals. Meat is processed in non-organic facilities, therefore pork is not certified organic. Pork is delivered frozen.

**Pork Shares: 15 to 20 lb cases of assorted cuts at \$7 per pound**

**Smoked Bacon: 5 lbs of bacon is \$50**

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

**Smoked Ham: 3 to 4.5 lb hams at \$9 per pound**

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

**Honey Glazed Roasted Carrots and Parsnips** adapted from

<http://www.epicurious.com/recipes/food/views/Honey-Glazed-Roasted-Carrots-and-Parsnips-233404>

**1-2 pounds carrots (1 to 1½ inches in diameter), peeled, halved lengthwise**

**1-2 pounds parsnips (1 to 1½ inches in diameter), peeled, halved lengthwise**

**6 tablespoons olive oil**

**1½ tablespoons butter**

**1½ tablespoons honey**

**1 teaspoon balsamic vinegar**

Position 1 rack in center and 1 rack in bottom third of oven and preheat to 400°F. Line 2 rimmed baking sheets with foil. Divide carrots and parsnips between prepared sheets. Sprinkle generously with salt and pepper, then drizzle 3 tablespoons oil over vegetables on each sheet; toss to coat.

Roast vegetables 10 minutes; stir. Roast vegetables 10 minutes longer, stir, and reverse sheets. Continue roasting until vegetables are tender and slightly charred, about 15 minutes longer. (Can be prepared 2 hours ahead. Tent with foil and let stand at room temperature. Rewarm uncovered in 350°F oven 10 minutes.)

Melt butter in heavy small saucepan over medium heat. Stir in honey and vinegar. Drizzle honey glaze over vegetables and serve.

**Dressing for Spinach and Mandarin Orange Salad** adapted from Cooks.com

Read more about it at [www.cooks.com/rec/view/0,161,154161-250205,00.html](http://www.cooks.com/rec/view/0,161,154161-250205,00.html)

**½ cup sugar**

**1 teaspoon salt**

**1 teaspoon dry mustard**

**1 teaspoon celery salt**

**1 teaspoon paprika**

**1 teaspoon grated onion**

**¾ cup salad oil (olive oil)**

**½ cup vinegar**

Mix all in blender.