

Riverdog Farm Veggie Box News
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Box Contents:

1 bu Purple Carrots
1 bu Dino Kale
1 bu Chioggia Beets
½ lb Broccoli
1½ Yellow Finn Potatoes
1 Butternut Squash
2 small Lettuces,
2 lbs Satsuma Mandarins

Field Notes: Two Sundays ago we had 20F at dawn, now we keep looking at the calendar to see what month we're in; the clear blue skies, highs in the 70s, and warm north winds at night have us scratching our heads. But hey, if the sun's gonna shine, it's time to get some work done. We've turned around the fall harvested potato field, it is ready to host our second planting of peas and planted out the first Winter round of lettuce and brassicas. This week our focus is transplanting onions and lots of hoeing. We're also hard at work clearing Tamarisk jungles (a.k.a. Salt Cedar, a very invasive shrub) to restore the more traditional Valley Oak, Black Walnut, Cottonwood and grassland riparian fringe.

Our hogs love pasturing in this sort of mixed shade. While we love the opportunity to get all of these important projects done, we'd really love to be picking in the rain and watching Cache Creek rise. Hopefully that time will come yet this Winter. Until then, we'll be working like the rain might come tomorrow.

Box Notes: Purple carrots are orange near the center and purple near the surface. Although not as juicy as our other varieties, purple carrots are just as sweet and delicious roasted. We're happy to provide Dino kale this week. It is one of the most sought after type of kales for its full flavor and deep green leaves. Braise in stock and seasoning for 10 minutes until tender. Chioggia beets are white with pink concentric circles. Slicing the cooked beets into discs (from the tip of the root to the stem end) make a very nice presentation. Beet greens, often overlooked and discarded, are terrific braised or steamed. Beet greens cook much like spinach or chard. With its creamy texture and subtly sweet flavor, Yellow Finns (my favorite potato) are delicious roasted, boiled, or pan-fried. Lettuce returns after a lull; you'll find two small heads for your salad needs. The Satsuma mandarins are from Gold Oak Ranch (certified organic by CCOF) in Rumsey. Enjoy the bounty!

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.

Riverdog Farm Pastured-Pork: We received some requests to offer pork with skin and fat on the cuts. So, we now have untrimmed pork shares available. Each share of untrimmed pork is \$6 per pound. Shares include an assortment of cut-and-wrapped ribs, loin chops, Boston Butt steaks, ham roast, sirloin roast (included in some), tenderloin & ham hocks (included in some), and picnic shoulder. To request a detailed list of availability or to place an order, email us at csa@riverdogfarm.com or call (530) 796-3802.

Satsuma Mandarins are available! Order your 20 lb case of sweet & juicy organic Satsuma Mandarins. The box price is now \$32. This is a price adjustment from last week due to a short supply of mandarins in the wholesale market. Email or call us to place your order by Sunday evening for the following week's delivery. Please mail payment when you place your order.

Greens with Potatoes from *Vegetarian Cooking for Everyone* by Deborah Madison

4 boiling potatoes, about 1 pound

Salt

1 to 2 pounds greens, trimmed and coarsely chopped

1 large garlic clove, thinly sliced

½ teaspoon red pepper flakes

2 tablespoons extra virgin olive oil, plus extra for drizzling

Cover the potatoes with cold water, add salt to taste, and bring to a boil. Cook until tender, about 25 minutes. Drain, then peel and coarsely chop. Simmer the greens in a large skillet, with a small amount of salted water, until tender, then drain. You may need to do this in two batches. Return the skillet to the stove, add the oil, and heat with the garlic and pepper flakes. When you can smell the garlic, add the greens and potatoes. Cook over medium heat, breaking up the potatoes with a fork and mashing them into the greens to make a kind of rough hash. Taste for salt and serve with olive oil drizzled over the top.

Broccoli with Lemon Butter from *Moosewood Restaurant Cooks at Home* by The Moosewood Collective

2 cups water

1 tablespoon butter

¼ teaspoon minced fresh tarragon

¼ cup toasted, unsalted whole almonds,

2 cups broccoli

2-3 tablespoons fresh lemon juice

1 teaspoon minced fresh chives, (optional)

Salt and ground black pepper to taste

Bring the water to a boil in a saucepan. While the water heats, trim the broccoli. Blanch the broccoli in the boiling water for about 2 minutes until bright green, and drain it well. In a serving bowl, combine the broccoli, lemon juice, tarragon, and optional chives. Mix in the toasted almonds, and add salt and pepper to taste. Serve hot.

Creamed Farmer Greens from *5 Spices, 50 Dishes; Simple Indian Recipes Using Five Common Spices*, by Ruta Kahate

1 bunch beet greens

1½ cups water

¼ teaspoon cumin seeds

1 medium yellow onion, thinly sliced

Salt

1 bunch kale

2 tablespoons canola oil

2 inch piece fresh ginger, peeled and julienned

¼ cup heavy cream

Rinse the greens well and discard any tough stalks. Coarsely chop the leaves and tender stems and place them in a large stockpot with 1 cup of water. Cover and cook over medium-high heat until the leaves are tender, 15 to 20 minutes. Drain.

Make the tadka: Heat the oil in a large saucepan over high heat. When the oil begins to smoke, add the cumin seeds, covering the pan with a lid or spatter screen. After the seeds have stopped sputtering, add the ginger and onion and sauté over medium heat until the onion is dark brown.

In a food processor, coarsely puree the onion mixture and greens together. Return to the saucepan with the remaining ½ cup water and salt to taste, and cook - covered, over low heat for 30 minutes - allowing the greens to soften in flavor. Stir in the cream and serve warm.