

Riverdog Farm Veggie Box News

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January 17, 2011

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Box Contents:

2 lbs Navel Oranges
3 lbs Mandarins
1 bu Carrots
1 bu Collard Greens
1 Celery Root
1 hd Green Cabbage
1½ lbs Leeks
1 bu Tokyo Turnips

Field Notes: The fields remain too wet to tractor cultivate so weeding with hoes is happening this week. Like a blanket holding in the earth's warmth, heavy fog for the past few days has prevented frosty, cold nights so the crops are growing more than they were when the temperatures were so low. The greenhouses are full to the brim with spring plants including brassicas, lettuce, and chards. Tomato seeding will begin next week. Preparation for tomato seeding includes taking inventory of the tomato seeds, ordering the seeds, considering new varieties, checking the germination box, and creating a seeding schedule to ensure sequential tomato harvest from late June through November. It is an exciting time of year when we eagerly anticipate and

envision all of the food potential that starts in the dark germination box, a 4'x 4' x 8' rectangular box with wire mesh heating pads that keep the seeds at a constant temperature of 90 degrees. As soon as the seeds sprout, they come out of the box and go onto tables in the heated greenhouse to receive maximum sunlight and adequate ventilation for the development of each plant's primary leaves and then come their other leaves. For about 4 months, they will grow in trays in the greenhouses until outdoor conditions are warm enough for them to be transplanted into the field.

East Bay Subscribers: Our pastured pork is now available at the Berkeley Farmer's Market on Saturdays from 10 am to 3 pm located on Center St. near MLK.

Box Notes: The Satsuma mandarins are from Gold Oak Ranch, certified organic by CCOF, in Rumsey. The navel oranges are from Blue Heron Farm in Rumsey and are certified organic by CCOF. The navel oranges are great for fresh eating or juicing. The Tokyo turnip greens have edible tops that are exceptionally tasty as steamed or braised greens this time of year, along with the collard greens and the cabbage due to all of the frost they've recently experienced.

Membership Drive: 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 to friends, neighbors and colleagues; people you think will enjoy the vegetables and appreciate what we do. 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 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 for more information or to request a list of pork shares. Visit our *Hog Blog* (riverdoghog.blogspot.com) to view photos of our pastured pigs.

Vegetarian Shepherd's Pie from Dru Rivers

A friend brought this to my birthday potluck last week. It was delicious! - Trini

Mash some potatoes (peeling optional) with a little butter and salt. Set aside. Cube any roots you have on hand: rose daikon radish, turnips, rutabagas, carrots, celery root (peeled), and parsnips (peeled if big). Coarsely chop a ½ head of cabbage. Toss all the roots and cabbage together with some olive oil, about a ½ cup and a few dashes of salt. Place the roots and cabbage in an oiled deep dish, spread the mashed potatoes evenly over the roots and cabbage. Bake for about 40 minutes to one hour until the juices from the roots start to bubble through the potatoes or around the edges.

Rustic Cabbage Stew

Adapted from: <http://www.101cookbooks.com/archives/rustic-cabbage-soup-recipe.html>

Stock/Broth notes: Use about ½ of one cube Rapunzel Herb Bouillon in a soup like this to kick things off - it makes a nice, light but flavorful broth. Crush the bouillon cube into a powder and add it to the pot just before adding the water.

1 tablespoon extra virgin olive oil

½ pound potatoes, skin on, cut ¼ inch pieces

½ large yellow onion, thinly sliced

1½ cups white beans, precooked or canned (drained & rinsed well)

½ medium cabbage, cored and sliced into ¼ inch ribbons

Extra-virgin olive oil for drizzling

A big pinch of salt

4 cloves garlic, chopped

5 cups stock (see head notes)

½ cup Parmesan cheese, freshly grated

Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt and potatoes. Cover and cook until they are a bit tender and starting to brown a bit, about 5 minutes - it's ok to uncover to stir a couple times. Stir in the garlic and onion and cook for another minute or two. Add the stock and the beans and bring the pot to a simmer. Stir in the cabbage and cook for a couple more minutes, until the cabbage softens up a bit. Now adjust the seasoning - getting the seasoning right is important or your soup will taste flat and uninteresting. Taste and add more salt if needed, the amount of salt you will need to add will depend on how salty your stock is (varying widely between brands, homemade, etc). Serve drizzled with a bit of olive oil and a generous dusting of cheese. Serves 4.