

Riverdog Farm Veggie Box News
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January 18, 2010
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Box Contents:

2 lbs Mandarins
2 lbs Navel Oranges
1 bu Carrots
1 bu Purple Carrots
1 lb Romanesco
1 bu Rapini
1 Butternut Squash
1½ lbs Leeks
1 hd Green Cabbage

Field Notes: Let it rain! Finally, we're getting the rain that was predicted and although it makes for slippery, challenging harvest conditions, we need the rainfall to pump up the Clear Lake reservoir and make Cache Creek flow steadily all summer. Other activities on the farm include: tomato seed ordering, washing mandarins and butternut squash in the packing shed, and checking on the growth progress of the fava bean plants, the green garlic, and steady greenhouse seeding of fennel, lettuces, and bunching greens. Crops on the horizon: Spring onions in early February, asparagus in mid-late March, shelling, snap, and snow peas in late April, and more broccoli and cauliflower throughout the spring months.

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. 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.

Box Notes: The seedless, Owari Satsuma mandarins come from Gold Oak Ranch (certified organic by CCOF). The Navel oranges are from Blue Heron Farm (certified organic by CCOF), up the road in Rumsey. The mandarins and navels, combined make a delectable freshly squeezed citrus juice for breakfast. The cabbage, like the carrots, Rapini, and Romanesco, get sweeter during the winter from the frosty conditions. Since it's drizzling outside, why not turn on the oven to warm up your home and roast some peeled, cubed butternut with carrot rounds? The leeks can be added to this roasted dish. Chop them into 1½ inch rounds, rinse well, and toss with the orange veggies. Drizzle with olive oil, add some salt and black pepper, then cook at 375 degrees until all the hardest veggies are soft when poked with a fork and slightly browned-crisped on the edges. As the veggies are cooking, stir them occasionally to ensure that all the cut surfaces stay moist. Carrot tip: The carrots don't need to be peeled because they are tender all the way through – just scrub and rinse well to remove any soil and grate, slice, or chop to cook or eat raw for lunch, dinner or snacks.

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.

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.

Squash, Chickpea & Red Lentil Stew submitted by RDF CSA member, Mary DeBusman

¾ cup dried chickpeas	1 cup red lentils
2½ pounds butternut squash, peeled, seeded and cut into 1 inch cubes	1 large onion, chopped
1 large carrot, cut into ½ inch pieces	2 tablespoons tomato paste
4 cups vegetable broth	1½ teaspoons ground cumin
1 tablespoon minced peeled fresh ginger	¼ teaspoon saffron
1 teaspoon salt	¼ cup lime juice
¼ teaspoon freshly ground pepper	¼ cup packed fresh cilantro leaves, chopped
½ cup chopped roasted unsalted peanuts	

A slow cook recipe, the stew will need to cook up to 6½ hours. This vegetarian main course can be served over brown rice or steamed spinach.

Soak chickpeas in cold water overnight. Combine the soaked chickpeas, squash, carrots, onion, lentils, broth, tomato paste, ginger, cumin, salt, saffron and pepper in a 6-quart slow cooker. Put on the lid and cook on low until the chickpeas are tender and the lentils have begun to break down. 5 to 6½ hours. Stir in lime juice. Serve sprinkled with peanuts and cilantro.

Lentil Soup with Winter Greens, Cumin and Cilantro

From: <http://eggsonunday.wordpress.com/2009/01/11/lentil-soup-with-winter-greens-cumin-cilantro/>
Adapted from Vegetable Soups from Deborah Madison's Kitchen

Note from *Eggs on Sunday* author: The original recipe involved cooking the lentils, onion/garlic, and greens separately, then combining them at the end. I prefer to cook them all in the same pot, and I've adjusted the instructions and timing accordingly.

1¼ cup mixed lentils - brown, small French Le Puy lentils, black Beluga lentils	1 large onion, diced
2 tablespoons olive oil	2 large garlic cloves, minced
1 teaspoon ground cumin	2 bay leaves
1 teaspoon coarse kosher salt	Sea salt and black pepper, to taste
4 cilantro stems and 4 parsley stems, tied together in a bundle	Plain yogurt, for serving
7 cups water	
6 leaves (about 4 cups) winter greens, chopped – [rapini and/or cabbage – RDF]	
¼ to ½ cup chopped cilantro	

Heat the olive oil over medium high heat in a stockpot or large saucepan, then add the diced onion and ground cumin. Cook until the onion is softened, then add the garlic and coarse salt and cook another minute. Add the lentils, 7 cups water, 2 bay leaves, and the cilantro and parsley stems. Bring to a boil, then turn down the heat and simmer, covered, for 30 minutes. Remove the lid from the pot and add the chopped greens. Simmer, uncovered, for an additional 10 minutes, or until the greens are as tender as you like them. Stir in the chopped cilantro, and season to taste with sea salt and freshly ground black pepper. Serve in a bowl with a dollop of plain yogurt and a sprinkling of additional chopped cilantro, or with some sour cream thinned out with a little milk, or with a squeeze of fresh lemon or lime juice. Makes 6 servings; can easily be doubled.

Soft Polenta with Leeks from Bon Appétit February 1999

3 tablespoons butter	3 large leeks (white and pale green parts only), thinly sliced
2¼ cups (or more) water	1 bay leaf
2 cups canned chicken broth	1/3 cup freshly grated Parmesan cheese
1 cup polenta	

Melt 2 tablespoons butter in heavy large saucepan over medium heat. Add leeks; stir to coat. Cover and cook until leeks soften, stirring occasionally, about 10 minutes. Add 2¼ cups water, broth and bay leaf. Bring to boil. Gradually whisk in polenta. Reduce heat to medium-low and cook until mixture is thick and creamy, stirring often and thinning with more water if necessary, about 35 minutes. Remove pan from heat. Discard bay leaf. Stir in remaining 1-tablespoon butter and Parmesan cheese. Season polenta to taste with salt and pepper. Divide polenta among plates. Serves 4.