

Riverdog Farm Veggie Box News

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Box Contents:

1 bu Carrots
1 bu Rapini
1 bu Spinach
1 bu Scarlet Queen Turnips
1 lb di Ciccò Broccoli
1½ lbs Leeks
1 Romanesco
2 lbs Satsuma Mandarins

Field Notes: The past week continued to be unseasonably warm, sunny, and windy. We started to irrigate some crops as the soil is quickly losing moisture in the near 80-degree temperatures. The forecast calls for cooler weather with a very slight chance of rain beginning Wednesday, but we're not holding our breath. Meanwhile, planting and fieldwork continues without missing a beat. We're getting ready to seed tomatoes in a couple of weeks. It starts with the maintenance in and around the greenhouse and the inventorying and organizing of seeding material. But, even this basic preparation creates a buzz that everyone on the farm can feel.

Box notes: This week we slow roasted lightly salted Scarlet Queen turnips at 350 degrees for about an hour. They became a mouth-watering, tender treat with a hint of licorice flavor. The turnip and the rapini greens are very tender as well. Sauté them in an oiled skillet until wilted with a ½ cup of water and a lid to hold in the steam. Romanesco is a fractal-looking vegetable related to the broccoli and cauliflower family. It has a flavor similar to cauliflower and can be cooked the same way - steamed, chopped in soups, or sautéed for pasta. The Satsuma mandarins are from Gold Oak Ranch (certified organic by CCOF) in Rumsey.

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 have pork shares available! Each share of pork is \$6 per pound. Shares range from 35 to 40 pounds and include an assortment of cut-and-wrapped ribs, loin chops, Boston Butt steaks, ham roasts, sirloin chops, tenderloin, ham hocks, and picnic shoulder. Pork shares are delivered frozen to your pick-up location. To request a detailed list of availability or to place an order, email us at csa@riverdogfarm.com or call (530) 796-3802.

Garlicky Spinach Salad With Pine Nuts and Raisins from New York Times, June 4, 2008

¼ cup pine nuts

1 anchovy fillet chopped

Pinch red pepper flakes

3 tablespoons extra virgin olive oil

¼ cup golden or black raisins

1 garlic clove, finely chopped

Kosher salt, to taste

2½ teaspoons red wine vinegar

6 ounces spinach leaves, trimmed (about 8 cups)

In a small skillet over medium heat, toast pine nuts, shaking pan and stirring often, until they are barely golden and fragrant, about 3 minutes. Pour onto a plate to cool.

Using a mortar and pestle, mash garlic, anchovy, a pinch of salt and red pepper flakes into a paste. Transfer to a small bowl. Whisk in vinegar, then slowly whisk in oil.

Place spinach in a large bowl; add vinaigrette and toss well to combine. Add pine nuts and raisins. Toss once more and serve.

Braised Leeks from New York Times, November 9, 2005, Adapted from "Sunday Suppers at Lucques"

Time: 1 hour 15 minutes

6 large leeks

About $\frac{3}{4}$ cup extra virgin olive oil

1 tablespoon thyme leaves

1½ to 2 cups chicken or vegetable stock

Kosher salt and freshly ground black pepper

1 cup sliced shallots

½ cup dry white wine

Preheat oven to 400 degrees.

Peel any bruised outer layers from leeks. Trim roots, leaving root end intact. Trim off tops on diagonal, leaving two inches of green. Cut in half lengthwise. Clean very well in water to remove internal grit. Pat dry with towel.

With cut sides up, season with 2 teaspoons salt and a few grindings of black pepper.

Heat pan over medium-high heat for 2 minutes. Pour in $\frac{1}{4}$ cup oil and wait 1 minute. Place cut side down in pan without crowding them. (Make in two batches, and use more oil, if necessary.) Sear them 4 to 5 minutes, until golden brown. Season with salt and pepper, and turn over to cook 3 to 4 minutes. Transfer them, cut side up, to a gratin dish that will fit leeks and chicken, or use two dishes.

Pour $\frac{1}{4}$ cup oil into pan and heat over medium heat. Add shallots, thyme, $\frac{1}{4}$ teaspoon salt and a pinch of pepper. Cook about 5 minutes, until just beginning to color. Add wine and reduce by half. Add 1½ cups stock, and bring to a boil over high heat.

Pour over leeks, without quite covering them.

Braise in oven 30 minutes, until tender.

Winter Squash, Rapini, and Barley Soup from www.culinate.com/recipes/collections/Contributors/Kelly+Myers/Winter+Squash*2C+Rapini*2C+and+Barley+Soup

8 cups peeled and cubed winter squash

1 Tbsp. extra-virgin olive oil

1 bunch rapini, thick bottom part of stem discarded, washed, and cut into 1-inch lengths

1 cup pearl barley

1 bay leaf

3 Tbsp. extra-virgin olive oil

4 to 5 cloves garlic, chopped

Red chile flakes to taste

Additional extra-virgin olive oil for garnishing

Freshly grated Parmesan (optional)

Preheat oven to 425 degrees.

Toss squash cubes in the tablespoon of extra-virgin olive oil and salt. Roast on a baking sheet lined with foil. Stir occasionally. The squash is done when it is completely tender.

Meanwhile, parboil rapini in 2 quarts salted water until al dente. Plunge rapini into ice water to stop the cooking. Reserve the cooking water. Cool rapini for no more than one minute, then drain well. Squeeze out excess water.

Put barley in a saucepan with salt and cold water to cover by two inches. Bring to a boil and then simmer until barley is almost tender, approximately 20 to 30 minutes. Add additional water if necessary. Drain barley, reserving the cooking water. Discard bay leaf.

Heat a soup pot over medium-low heat. Add the 3 tablespoons olive oil. Sauté garlic until lightly golden, then add chile flakes and rapini. Stir to combine. Sauté rapini, stirring, until it absorbs the flavor of the garlicky olive oil and loses its bitter edge.

Add squash and roughly mash it with a potato masher or a wooden spoon. Add enough liquid, alternating between the rapini cooking water with the barley cooking water, to thin the squash and rapini mixture into a soup. Start with small amounts of each liquid and taste as you go. Too much rapini cooking water will make the soup bitter. (And remember that you are adding salt to the soup with each addition of the cooking liquids.) Add plain water if necessary. Finally, add the barley and bring the soup to a simmer. Cook for a few minutes to combine. Adjust the seasoning.

Serve with a drizzle of olive oil and grated Parmesan, if desired.