

## Riverdog Farm Veggie Box News

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### Box Contents:

3 lbs Satsuma Mandarins  
2 lbs Navel Oranges  
1 bu Carrots  
1 lb Broccoli  
1 bu Rapini  
1 bu Spinach  
1½ lbs Yellow Creamer  
Potatoes  
1 Butternut Squash

**Field Notes:** Ahhh! A week of no rain and some sunshine – the weekend temperatures were in the low 70s, unseasonably warm for late January. For field conditions, this means soil moisture is decreasing and some fields are dry enough for tractor work. We were able to transplant spring brassicas - broccoli, cabbage, and cauliflower - from the greenhouse this week.

At the end of this week, we will be attending the 31<sup>st</sup> Annual Eco-Farm Conference at Asilomar in Monterey. We feel honored to be selected to participate in the Successful Farm plenary session, along with 2 other farms. Our presentation will include a history of the farm and appreciation for the dedicated customers, including our CSA members,

who've contributed to the farm's success. Thank you for your commitment to supporting the farm, the employees, and their families via your veggie box subscription. Some of the members have been with Riverdog so long that their children were raised on the farm's produce. Thank you for your trust, connection to, and long-term interest in Riverdog Farm.

**Box Notes:** The Satsuma mandarins are from Gold Oak Ranch (certified organic by CCOF) in Rumsey. The navel oranges are from Blue Heron Farm (certified organic by CCOF) also in Rumsey. Enjoy the crisp, sweet carrots – I've been sending carrots to Des Moines, Iowa for my parents to ooh and ahh over. When they come to visit, out of all of the veggie options to eat, carrots are their preferred food choice. They're the best carrots they've ever eaten. Hope you think so, too. See the cooking ideas for rapini in the recipe section below.

**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.

**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](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: 4 to 6 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.

### **Spinach Potatoes Au Gratin**

Adapted from: <http://allrecipes.com/Recipe/spinach-potatoes-au-gratin/Detail.aspx>

**5 cups potatoes**

**3 tablespoons butter or margarine**

**¼ cup all-purpose flour**

**1 cup shredded Cheddar or Gruyere cheese**

**1 cup chopped fresh spinach**

**4 bacon strips, cooked and crumbled**

**2 tablespoons olive oil**

**¼ cup chopped onion**

**2 cups milk**

**1 teaspoon salt**

**1 tablespoon diced pimientos**

Thinly slice the potatoes (no need to peel). Layer them in an oiled, oven-proof dish. Melt the butter. Combine the following ingredients with the melted butter: milk, chopped onion, flour, cheddar or Gruyere cheese, salt, chopped spinach (rinsed well), and pimientos. Pour the combined ingredients over the layered potatoes. Sprinkle the crumbled bacon on top. Bake for 1 hour until the casserole is bubbling and golden on top.

### **How To Cook Broccoli Raab/Rapini**

Adapted from: <http://whatscookingamerica.net/Vegetables/BroccoliRaab.htm>

The leaves, stems, and flower heads are cooked (broil, stir-fry, braise, sauté, or steam) and eaten just like regular broccoli and have a flavor similar to broccoli. It is quite tasty with a nutty flavor and has a slightly bitter taste. In spite of its uniqueness, broccoli raab is considered an acquired taste - but once acquired, it's addictive! Preparing it is very easy:

Rinse and trim ¼ inch from bottom of stems. Cut stalks (to the top of the leaves) crosswise into 2 inch pieces and drop them into salted (optional), boiling water. Cook for 1 to 2 minutes and remove with slotted spoon. Sauté the blanched broccoli raab/rapini in a little olive oil and as much garlic as you like for 3 to 5 minutes until tender. Optional: Add a few dried red pepper flakes.