

Riverdog Farm Veggie Box News

PO Box 42 Guinda, CA 95637

(530) 796-3802

January 25, 2010

www.riverdogfarm.com

csa@riverdogfarm.com

Box Contents:

1 lbs Mandarins
2 lbs Navel Oranges
1 bu Carrots
1 bu Spinach
½ lb Broccoli or
Romanesco
1 bu Dino Kale
1bu Green Garlic
¼ lb Sun Dried Early
Girl Tomatoes
1 lb Bok Choy

Field Notes: The rains are steadily continuing this week with a brief hiatus over the weekend. This storm is slow moving and temperatures are not too unbearable; there is little to no wind. The farm received a whopping five inches last week and experienced a 24-hour power outage due to a tour bus hitting a power pole in Esparto. Instead of a snow day, the local public schools were closed because of the power outage. The few times that the sun came out on Saturday, it was blindingly bright. Our eyes have grown accustomed to the gray hues of the cloudy, foggy sky we've had for the past two weeks. We've been monitoring the water levels of Cache Creek by eye witness and via the California Data Exchange Center website, hoping for continued replenishment of the Clear Lake reservoir that supplies our summer irrigation water. Hope you're staying high and dry in these wet conditions!

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 mention 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 Navel oranges are from Blue Heron Farm (certified organic by CCOF) in Rumsey. The Owari Mandarins are from Gold Oak Ranch (certified organic by CCOF). The broccoli leaves are edible. Try steaming them as is, attached to the broccoli floret. Bok Choy is easy to prepare and very tender braised in salted water or stock. It's better to separate the stems and cook them for a longer time than the leaves. You can add some green garlic and a light drizzle of sesame seed oil to the braising liquid for added flavor. Store the sun-dried tomatoes in the freezer for a longer shelf life. One to four dried tomato halves can be finely diced and added to a lettuce salad, cooked with rice, added to a soup broth, or cooked in tomato sauce to add a stronger tomato flavor. There are many dip/cheese-spread recipes that call for diced sun-dried tomatoes. One is suggested in the recipe suggestions below. Hope you enjoy their concentrated tomato flavor! All the greens in your box need a thorough water bath rinse because of the rainy, muddy conditions.

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.

Spicy Sun-Dried Tomato Soup with White Beans and Swiss Chard from *Vegetarian Times* January 2010; recommended by RDF CSA member, Melissa Allen

| | |
|---|---|
| 2 tablespoon olive oil | 3 cloves garlic, minced |
| ½ tsp red pepper flakes | 1 medium onion, chopped |
| 2 medium carrots, sliced | 2 ribs celery, chopped |
| 1 small zucchini, sliced | ½ teaspoon fresh rosemary, chopped |
| 2 cups vegetable broth | 2 15-oz. diced tomatoes |
| 1 15-oz. small white beans or cannellini beans, rinsed and drained | |
| ½ cup oil-packed sun-dried tomatoes, drained and chopped | |
| 2 tbsps sun-dried tomato oil from jar | ½ bunch chard, chopped |
| ½ teaspoon fresh thyme, chopped | 1 cup fresh basil, tear leaves |

Heat oil in large saucepan over medium heat. Add garlic and red pepper flakes and cook for 1 minute, or until fragrant. Stir in onion, carrot, celery, zucchini, and rosemary, and cook 10 to 15 minutes, or until onions are soft. Add broth, 1 can tomatoes, and beans. Scoop 1 cup mixture into food processor or blender or immersion blender cup, and add remaining can of tomatoes, sun-dried tomatoes, and sun-dried tomato oil. Puree until smooth, stir mixture into soup, and season with salt and pepper, if desired. Simmer 10 minutes. Add Swiss chard and thyme; simmer 5 minutes more, or until chard is wilted. Remove pan from heat, and stir in basil.

Sun Dried Tomato Cheese Spread

From: Caroline Williams, *Lookout Mountain, Georgia, Southern Living*, October 2005
http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1536750

| | |
|---|---|
| 1 garlic bulb | 1 teaspoon olive oil |
| 1 11-oz. package goat cheese | 1 8-oz. package cream cheese, softened |
| 2 tablespoons chopped fresh chives | ¼ teaspoon salt |
| ¼ teaspoon freshly ground pepper | Assorted crackers, breads, radishes, carrots |
| 1/3 cup sun-dried tomatoes in oil, drained and chopped | |

Cut off pointed end of garlic; place garlic on a piece of aluminum foil, and drizzle with oil. Fold foil to seal. Place on baking sheet. Bake at 425° for 45 minutes or until cloves are tender. Let cool slightly. Squeeze pulp from garlic cloves; mash. Beat garlic, goat cheese, and next 5 ingredients at medium speed with an electric mixer until well blended. Cover and chill until ready to serve. Serve with assorted crackers, breads, and vegetables.

Pasta with Sun-Dried Tomatoes

From www.cooks.com: www.cooks.com/rec/doc/0,1935,149171-226199,00.html

| | |
|---|--|
| 1 lb linguini | 2/3 cup olive oil |
| ½ cup minced fresh parsley | 1 tablespoon tomato-vegetable paste |
| 1 teaspoon garlic paste | ½ teaspoon red pepper flakes |
| ½ cup sun-dried tomatoes, finely diced | Salt and pepper to taste |
| Grated Romano or Parmesan cheese | |

Cook pasta to al dente stage; drain and return to cooking pot. Add next 6 ingredients to pasta; toss well. Add salt and pepper to taste. When all ingredients are heated, transfer to serving platter. Garnish with parsley; sprinkle with cheese.