

Riverdog Farm Veggie Box News
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February 1, 2010
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Box Contents:

2 lbs Yellow Finn
Potatoes
2 lbs Oranges
1 bu Chard
1 bu Rapini
1 bu Purple Top
Turnips
1 bu Beets
1½ lbs Leeks
1 bu Carrots

Field Notes: The full moon has been illuminating the farm at night when there is a break in the cloud cover. It has been so bright that the roosters think it's daytime and start crowing in the middle of the night. On clear nights, the temperatures drop and we've been getting light frosts that the crops currently in the ground can handle. Today, Heladio, who manages the crops at the home farm in Guinda, discovered the first two long, dark green spears of asparagus. It won't be long before lots of asparagus start poking through the soil's surface. Even though we expect the shifting seasonal crops, it is always exciting to witness the change, taste the arrival of early spring, and have something new to offer in the veggie boxes.

Thank you to all of you who recommended our CSA program to friends and family. We were thrilled with the number of calls and emails inquiring about our veggie boxes and had several folks sign up for deliveries! It was apparent that the promotion from members familiar with our produce and deliveries provided a clearer picture for many folks interested but not accustomed to our CSA. Thanks again for your support and commitment to the farm during all of the seasons.

Box Notes: The Navel oranges are from Blue Heron Farm (certified organic by CCOF) in Rumsey. Leafy greens are the theme of the Jan and Feb veggie boxes. The turnip tops, rapini and beet greens are good braising greens like the chard. The rapini and turnip tops pair well, as do chard and beet greens. The Yellow Finn potatoes are a yellow creamer type that we dug up over the weekend. As these are new, fresh dug potatoes, store them in the fridge. They also cook in about half the time as stored potatoes. If you're looking for soup recipes for turnips or potatoes, we've got'em below. Happy simmering!

Payment Reminder: The veggie box price is \$20 per week. March payment is due by February 26, 2010.

Monthly payment for five **Wednesday** deliveries in March is \$100.

Monthly payment for four **Thursday/Friday** deliveries in March 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.

Turnip and Turnip Green Soup from *Chez Panisse Vegetables* by Alice Waters; adapted and recommended by RDF CSA member, Kathy Kramer.

1 onion
1 tablespoon olive oil
About 2½ lbs turnips with greens
1 bay leaf
Salt and pepper
1 small piece prosciutto or smoked bacon (optional)
[Optional: 1 cup winter squash – Kathy]

1 clove garlic
1 tablespoon unsalted butter
½ teaspoon chopped thyme leaves
8 cups chicken stock
Parmesan cheese

Sauté the garlic and onion with the oil and butter and 1 tablespoon water. Stew covered until they are soft and translucent. Trim stems from the turnips and reserve the greens. If turnips are not young, peel them. (If young, no need to peel.) Slice turnips, add to the pot, and stew until soft. Add the bay leaf, thyme, prosciutto or bacon, chicken stock, and the squash. (If you already have cooked squash, add it at the end.) Cover and simmer for ½ hour. Wash the turnip greens, cut into ½ inch long strips and add to the soup. Simmer another 10 minutes. Garnish with Parmesan.

Rapini Pesto submitted by RDF CSA member, Cara Panebianco.

A food processor is used in this recipe

1 bunch rapini
2 to 3 cloves garlic, peeled
¾ to 1 cup extra virgin olive oil
Salt and pepper to taste

1 cup nuts (preferably almonds and walnuts)
2 cups parsley
1 cup finely grated pecorino Romano cheese

Bring a pot of salted water to a boil and blanch rapini for about two minutes. (Steaming would also work.) Rinse with cold water and squeeze dry. Toast nuts until golden and fragrant. Put garlic cloves, nuts, parsley and rapini in food processor and pulse until chopped and incorporated. Add salt and pepper. With food processor running continually, drizzle in olive oil until all oil is blended into mixture. Remove from processor and fold in cheese. Taste for seasoning and adjust as needed. For a party serve on crostini with a strip of prosciutto. This pesto keeps its vibrant green color and is delicious as a dip for just about anything.

Potato Leek Soup with Tarragon

From: <http://eggsonunday.wordpress.com/2008/01/24/potato-leek-soup-with-tarragon/>

4 large leeks (white and pale green parts only), sliced (about 2 cups)
2 small onions, chopped
6 tablespoons butter
1 pound potatoes, unpeeled, cut into ½ inch pieces
8 cups low-salt chicken broth or vegetable broth
2 teaspoons chopped fresh tarragon
½ cup sour cream

8 garlic cloves, sliced
4 tablespoons water
½ cup heavy cream
salt and pepper, to taste

Melt butter in heavy large pot over medium heat. Add leeks, onion, garlic, and 2 tablespoons water. Cook until leeks are just golden, about 10 minutes. Add potatoes and broth; bring to boil. Reduce heat to low and simmer until potatoes are tender, about 10 minutes. Using an immersion blender or a regular blender/food processor, puree about half the soup - you will have a creamy broth with pieces of potato and leek remaining, for texture. Stir in tarragon. Stir in heavy cream and sour cream. Season soup to taste with salt and pepper. Makes about 8 servings.