

Riverdog Farm Veggie Box News
PO Box 42 Guinda, CA 95637
(530) 796-3802

February 2, 2009
www.riverdogfarm.com
csa@riverdogfarm.com

Box Contents:

1 bu Carrots
1 bu Cilantro
1 bu Red Chard
4-5 Navel Oranges
1-2 heads Romanesco
1½ lbs Leeks
1 bu Scarlet Queen Turnips

Field Notes: Sunny, warm days continue. This is great weather for the young chicks. They are big enough now to venture out of their brooder coop into the real world. Scratching and pecking at the dirt, they are figuring out that green grass and bugs are the way to go. In six months, they will be starting to lay their first small eggs that will be available at the Berkeley Farmers Market. Over the weekend, Brian MacDowell and Santos completed fence work for the new summer pasture for the pigs. It's been a long winter project of removing invasive Tamarisk shrubs, smoothing rough terrain, and placing posts

and stakes. There are a few details to be worked out, but the project is smoothly nearing completion – a credit to all those who worked on the project: Manuel, Brian, Rigoberto, and Santos. It's quite the ground for the pigs, with plenty of vegetation for them to forage on and shade for them to nap in during the hot summer months. Check out the most recent issue of Slow Food's publication *Edible San Francisco*. Riverdog is featured in a lively discussion of local (California-raised) vs. mid-western pork.

Box Notes: Cilantro is a very fast-growing but short season crop for our farm. It is delicate because it goes to seed quickly when the weather is warm. We offer it in the spring and fall. Enjoy it while it's here! Romanesco is a cousin of broccoli and cauliflower. It is delicious steamed until tender with a little butter, salt, and pepper. With its repeating spiral pattern known mathematically as a fractal, it is a beautiful vegetable to admire before you eat it. The oranges are from Blue Heron Farm (certified organic by CCOF) in the hamlet of Rumsey. We've been including the oranges from this farm in the CSA box since 1996. John and Gretchen Ceteras are the growers. Their Washington Navel oranges are juicy, sweet and a beautiful deep orange color. The orange grove is between 15-30 years old and produces delicious fruit that we enjoy providing to you every year. Chard is a mild and tender cooking green that steams or braises similar to spinach or beet tops. The stems of the chard are tasty sautéed.

Payment Reminder: The March payment of \$80 is due by February 27, 2009.

Monthly payment for four **Wednesday / 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 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.

Bulk Navels are Available: A 20 lb case is \$28. Email or phone your order by the Sunday before your delivery day. Send payment to the farm when you place your order.

Turnip and Roasted Garlic Mash From www.straightfromthefarm.net/2007/11/08/turnip-roasted-garlic-mash A Straight from the Farm original

2 bunches of mild turnips
2 tablespoons butter
Fresh chives to garnish

1 large head of garlic
Generous pinches of salt and pepper

Preheat the oven to 350 F. Place whole head of garlic, unpeeled, on a baking sheet lined with foil. Roast garlic in oven for 30 minutes or until very squishy. Remove from oven and allow to cool.

While garlic is roasting, bring a large pot of salted water up to a boil. Wash turnips well, trimming off tops and roots. Cut into 1 inch pieces and boil until tender, about 20 minutes depending on the variety. Drain off water and allow to sit for five minutes. Turnips will release more water as they cool. Drain additional water off and use either a potato masher or an electric mixer to begin mashing up the turnips.

Cut a half-inch off the top of the roasted head of garlic, exposing the cloves inside. With your hand, squeeze out all the garlic pulp into the turnips. Add butter and salt and pepper before continuing to mash turnips to the desired consistency. If turnips appear to be releasing more water after being mashed, drain it off and add more salt if necessary.

Serve immediately with a few snips of fresh garlic chives. If desired, serve cooked turnip tops along side turnip mash. To cook turnip tops, simple wash and roughly chop. Heat olive oil or butter in a skillet and add turnips when hot. Season with salt and pepper.

Drunken Leeks From www.cditchen.com/recipes/recs/67/DrunkenLeeks72616.shtml

6 small Leeks, trimmed and washed

1 clove Garlic, crushed

½ cup Red wine

1 teaspoon Red wine vinegar

2 tablespoons Parsley, chopped

1 dash Salt

Black pepper

Melt the butter and cook the leeks and garlic for 3 minutes over medium heat. Add the red wine and some salt and mix well. Cover and cook for 15 more minutes or until leeks are tender.

Place the leeks on a serving dish and reduce the liquid left in the pan for 2 minutes. Add the vinegar and pepper to taste. Pour over the leeks and garnish with parsley.

Creamy Leek and Tarragon Crepes from *The Classic Vegetarian Cookbook*, by Rose Elliot

1 quantity of crêpe batter (below)

Olive oil for cooking the crepes

1 pound trimmed leeks, sliced

1¾ cups crème fraîche

1 tablespoon chopped fresh parsley

2 tablespoons chopped fresh tarragon

Salt and freshly ground black pepper

Preheat the oven to 350 degrees, so you can keep the crêpes warm once they are done. Place the batter and a ladle next to the stove.

Heat a small frying pan and brush with olive oil. When the oil is hot enough to sizzle when a drop of water is dropped into it, take the pan off the heat and, using the ladle, pour in enough of the batter – 2 tablespoons – to coat the base. Return the pan to the heat and let the crêpe cook until the top is set and lightly browned, about 1 minute. Flip it over by tossing it or turning it with a palette knife and your fingers.

Cook the second side until lightly browned, just a few seconds. Lift the crêpe out of the pan onto a piece of foil. Reheat the pan – you won't need to regrease it every time – and make the rest of the crêpes in the same way, stacking them up on foil. Cover with more foil and keep warm in the oven.

Cover the leeks with boiling water and cook until they are just tender: about 5 – 7 minutes. Drain. Put the leeks into a saucepan with the crème fraîche. Bring to a boil, reduce the heat and let the crème fraîche bubble away until it has reduced to a thick sauce and the leeks are tender, about 10 minutes. Stir in the herbs and season to taste.

Remove the warmed crêpes from the oven. Fold each one into half, then into quarters, spoon the filling under the top fold and serve.