

Riverdog Farm Veggie Box News

PO Box 42 Guinda, CA 95637

(530) 796-3802

February 7, 2011

www.riverdogfarm.com

csa@riverdogfarm.com

Box Contents:

2 lbs Murcott Mandarins
1 bu Rapini
2 lbs Navel Oranges
1 bu Carrots
1 hd Green Cabbage
½ lb Mei Qing Choi
¾ lb Cauliflower or Broccoli
1 bu Green Garlic
½ lb Arugula

March Payment due by February 25, 2011:

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

Monthly payment for four **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 date. Without timely receipt of
payment, deliveries may be interrupted.

Special Bulk Offers: Please
email or call us to place your
order by the Friday before your
delivery day. Please mail your
payment to our address when
you place the order.

Murcott Mandarins from Gold
Oak Ranch (certified organic by
CCOF): 25-lb case of mandarins
is \$30.

Navel Oranges from Blue Heron
Farm (certified organic by
CCOF): 25-lb case of oranges is
\$30.

Riverdog Farm Almonds: 5-lb
bag of almonds is \$40.

Riverdog Farm Almond Butter:
2-jar order is \$24 or a 12-jar
case for \$120.

Field Notes: Sunny days have significantly warmed up the soil, causing a surge in plant growth and an almond blossom explosion throughout the valley floor. The hills are turning a deeper green too. The oldest almond orchards bloom first; then the newer varieties have their flush of white blossoms with pale pink centers. We are experiencing a false start on our asparagus, which we expect to be cut short by a return of cold and wet weather. The warmer weather also provides nurturing conditions for the arrival of new animal life. Fifty-seven piglets were born on our farm over the last 2 weeks. It is also lambing season in our region so many newborns can be seen prancing around with their mothers. Spring seems like it's here, although a bit earlier than expected.

Box Notes: The Murcott Mandarins are from Gold Oak Ranch, certified organic by CCOF, in Rumsey. Unlike the Satsuma Mandarins, the Murcotts are not seedless. They do, however, have a more concentrated sweet and tangy flavor. The navel oranges are from Blue Heron Farm, also certified organic by CCOF and located in Rumsey, the last, very small town at the north end of Capay Valley. The cabbage makes a great topping raw, thinly sliced on posole – a Mexican soup made with pork or chicken and hominy. Green garlic cooks quickly – thinly slice in rounds, then sauté with thinly sliced parsnips and carrots or in your greens. Yum!

Vegetable Turnover adapted from *Cooking with Jams and Chutneys* by Beth Linskey (Tim's jam-making aunt from NY, owner of Beth's Farm Kitchen, who just published a new recipe book, *Cooking with Jams and Chutneys*, www.bethsfarmkitchen.com).

Aunt Beth, a farmer her whole life, was in town the past week to promote her book to independent bookstores on the west coast as well as to celebrate her 70th birthday. At an evening birthday gathering, we wondered there might be a genetic predisposition for carrying a headlamp at all times that spans generations and coasts which manifests in both Tim and Beth.

3 medium carrots, small dice

1 large sweet potato, small dice

1 medium baking potato, small dice

2 cloves garlic, minced

3 tablespoons olive oil

1 tablespoon fresh rosemary, thyme, or basil, chopped

Sea salt and freshly ground black pepper

1 cup Beth's Farm Kitchen Green Tomato Chutney (or other tomato chutney if Beth's brand is not available)

1 container freezer pie crust dough or your homemade recipe (A recipe below)

Preheat oven to 425 degrees F. Toss vegetables with oil, rosemary, salt, and pepper. Spread vegetable in one layer on large baking pan. Bake for 20-25 minutes, until vegetables are tender. Remove from oven and place in large bowl. Add Beth's Farm Kitchen Green Tomato Chutney and mix.

Riverdog Farm Meats:

Riverdog Farm chickens and hogs are CCOF certified organically raised animals. Meat is processed in non-organic USDA inspected facilities, and therefore meat is not certified organic.

Chicken currently unavailable for delivery. Please check here for availability in March.

Pork Shares: 15 to 20-lb packed cases of assorted cuts at \$7 per pound.

Sausages and bacon currently unavailable. Please check here for availability in March.

Smoked Ham: 4 to 6-lb hams at \$9 per pound.

To request a list of pork shares or to place an order, please email csa@riverdogfarm.com. Meat is delivered frozen.

Lower oven temperature to 375 degrees F. Roll out dough and cut into 6 squares. Put vegetables on dough and fold to form turnovers. Press edges of dough with fork to seal. Place turnovers on baking sheet and bake at 375 degrees F for 15-20 minutes, or until crust is golden. Serve either hot or at room temperature.

Dough for Turnover:

2 cups all-purpose flour **½ cup canola oil**
1/3 cup milk **½ teaspoon salt**

Mix ingredients with a fork until they hold together. Form into a flattened ball. Wrap in waxed paper. Chill for ½ hour. Roll out between 2 pieces of waxed paper. Cut into 6 squares, fill, fold, crimp, bake, and eat. (Pizza dough also works for this recipe.)

Beth's Farm Kitchen Orange Marmalade

4 oranges **2 lemons**
10 cups water **6 cups sugar**

Slice fruit whole, rind and all. In a large bowl, combine fruit with water. Refrigerate overnight. In a large pot, bring fruit and water to a simmer over medium heat. When half of water has evaporated, remove seeds, add sugar, and cook until marmalade is at the "soft ball" stage. This means that, when you drop a teaspoon of cooking marmalade into a jar of cold water, marmalade looks like a soft candy ball rather than dispersing or forming a hard ball. A candy thermometer will read 235-245 degrees F. Pour remainder of marmalade into sterilized jars or refrigerator containers. Makes seven 8-oz jars.

Aunt Beth's note: Soak citrus fruits overnight when making traditional, coarse-cut

marmalade. This allows the natural pectin to be pulled out of the rind so that, when you cook the marmalade, you will get a lovely, soft set.

Penne with Ricotta and Green Garlic Sauce

From <http://www.gourmetsleuth.com/Recipes/Garlic-541/Penne-with-Ricotta-and-Green-Garlic-Sauce-524.aspx>

1½ cup fresh whole-milk ricotta **½ cup finely minced green garlic**
2 tablespoons minced parsley **Salt and freshly ground pepper to taste**
1 pound dried penne or fusilli pasta **2 tablespoons butter**
¼ cup freshly grated Parmesan cheese plus grated Parmesan for the table

Combine the ricotta, green garlic and 1 tablespoon of the parsley in a large bowl; season with salt and pepper.

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until al dente. Just before pasta is done, remove ½ cup of the boiling water. Whisk enough of the hot water into the ricotta to make a smooth, creamy sauce.

Drain the pasta and add to the sauce along with the butter. Toss well. Add ¼ cup Parmesan cheese and toss again, adding a little more of the hot water if needed to thin the sauce. Taste and adjust seasoning. Serve on warm plates, topping each portion with some of the remaining parsley. Pass additional Parmesan at the table.