

Riverdog Farm Veggie Box News
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Box Contents:

1 bu Green Garlic
2 lbs Oranges
1 bu Carrots
1 Romanesco
1 bu Rapini
1 Butternut Squash
1 bu Chioggia Beets
2 Onions
½ lb Little Gem Lettuce

Field Notes: The rain last week has kept the ground wet and muddy. Puddles of water filled the low spots and mud clings to our boots as well as to our root veggies as they're pulled from the soil. Despite the inconvenience, we still appreciate the amount of rain we've been receiving. We're hoping not just for a soggy February but also March and April to help us come out of the drought cycle. With the steady series of rainstorms, one thing's for sure: we really appreciate the beautiful sunny days when they appear. The hills are greening up quickly, a sign of moistened soil surfaces, warmer daytime temperatures and shifting seasons. In the greenhouse, Rosy is prepping for summer seeding of peppers and tomatoes. It's always a fun build up, doing maintenance work in and

around the greenhouse, taking inventory of seed stock, reviewing last year's varieties and looking to try new ones. We drop seeds in a couple of weeks!

Box Notes: The Navel oranges are from Blue Heron Farm (certified organic by CCOF) in Rumsey. The onions are from Herbert Family Farm (certified organic by CCOF) in Hollister. Chioggia is a town in Italy from where the beet variety in this week's box originates. The beet, when cut across its equator reveals beautiful concentric, alternating pink and white rings. Beet tops and stems are good cooking greens. As mentioned in the field notes, we're working in some muddy conditions. Please give your veggies an extra rinse to remove all the grit. This is the last week of citrus from Blue Heron Farm. It's still cool enough outside to do some baking/roasting so turn on your oven and cook some winter squash to warm up your home.

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.

Baby Chioggia Beets with Citrus Glaze

From: <http://nourishedkitchen.com/baby-chioggia-beets-with-citrus-glaze/>

About 4 Baby Chioggia Beets per Person
1 Organic Orange

2 Tablespoons Organic Butter or Coconut Oil

Cut the tops of the beets and peel them. Chop the beets into ½-inch diced pieces. Boil beets until tender, but not soft. Heat butter or coconut oil in pan over medium heat. When the fat is melted, add the beets in the butter or coconut oil until they're well coated. Halve the orange, piercing its flesh and squeeze the juice out into the pan. Continue to cook until the juice becomes syrupy. Serve warm.

Broccoli Rabe (Rapini) and Corn Bread Strata from RDF CSA member Erin Scott's food blog; http://yummysupper.blogspot.com/2010/01/broccoli-rabe-and-corn-bread-strata_18.html

Adapted from NY Times. Prepare the strata the night before or early in the morning. It needs to rest in the refrigerator overnight or for at least 4 hours.

6 cups chopped rapini leaves and florets
½ teaspoon red pepper flakes
1-2 teaspoons salt
¼ cup Calamata olives, pitted and chopped
4 cups half-and-half or whole milk
2 pounds non-sweet corn bread, cut into 1 inch cubes
1 cup fresh ricotta

Olive oil
3-4 cloves garlic, minced
1 red bell pepper
8 large eggs, lightly beaten
Fresh ground pepper
1½ cup Gruyere, grated

If you are not buying corn bread, bake your own. When cool, cut bread into one inch cubes. Place cubed corn bread (in a casual array) in the bottom of a greased 9x13 baking dish. Set aside.

Cut bell pepper into quarters. Either roast over flame or cook in oven at high heat until skin is bubbling. Immediately place roasted peppers in a closed container and let steam for 10 minutes or so. This will make it easier to remove the skins. Remove skins, dice pepper, and set aside.

Clean Rapini and remove thick stalks. Roughly chop tender leaves and stems. Mince garlic.

[I doubled the Broccoli Rabe from the original recipe and therefore needed to cook it in two batches – ES]. Heat large pan over stove top at medium-high heat. Pour in enough olive oil to coat bottom of pan. Toss in half of minced garlic cook for about 30 seconds. Add 3 cups chopped Rapini. Sauté for a couple minutes, stirring occasionally. Add ¼ cup water, ¼ teaspoon salt, and ¼ teaspoon red pepper flakes to pan. Cover, turn heat down to medium, and cook for about 3 minutes. If there is excess liquid in pan, continue to simmer for a minute more with the lid off until the water has evaporated. Repeat again in order to cook the remaining 3 cups of Rapini.

Toss cooked Rapini in a bowl with chopped olives and bell peppers.

In another bowl, lightly whisk 8 eggs. Add half and half or milk to eggs. Whisk to mix together and make your custard. Add ½ teaspoon salt and plenty of freshly ground pepper.

Spread Rapini mixture over the top of the cornbread. Add dollops of ricotta over the top of the veggies. Pour custard over the top of everything, making sure to distribute evenly. Finally, finish with grated Gruyere and more freshly ground pepper.

Cover strata and refrigerate for at least 4 hours or overnight.

When ready to bake, take strata out of fridge and allow to come to room temperature. Preheat oven to 350. Bake for 45-55 minutes until firm and golden brown on top. Serves 8-10.

Curry-Roasted Butternut Squash & Chickpeas adapted from *Food & Wine Annual Cookbook 2008* and recommended by RDF CSA member, Melissa Allen

1 large butternut squash – peeled, seeded, and cut into 1 inch cubes
1 19-oz can chickpeas, drained, rinsed and dried
2 tablespoons mild curry powder
Kosher salt and freshly ground pepper
¾ cup minced cilantro
¼ cup extra virgin olive oil
½ teaspoon red chili pepper flakes
3 cups plain whole milk yogurt
3 tablespoons fresh lemon juice

Preheat oven to 375 F. In a large bowl, toss butternut squash with chickpeas, olive oil, curry powder, red chili flakes, and season with salt and pepper. Spread on a large rimmed baking sheet and roast for one hour or until the squash is tender. Meanwhile in a medium bowl, combine yogurt, cilantro, and lemon juice. Season with salt and pepper. Spoon the roasted squash and chickpeas onto a large serving platter and drizzle with ½ cup of cilantro-yogurt sauce.