

Riverdog Farm Veggie Box News
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February 9, 2009
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Box Contents:

1 bu Carrots
1 head Green Cabbage
1 bu Chioggia Beets
1-2 pieces Romanesco
1 bu Green Garlic
1 lb Russian Banana
Fingerling Potatoes
1 bu Spinach
3-4 Navel Oranges

Field Notes: Cache Creek, one of our primary sources of irrigation, is also home to many species of migratory water birds. Last week while checking out the creek's water level, for the first time since we moved here in 1995, we spotted two very large mergus mergansers, a type of diving duck with a long, scarlet-orange, thin bill. Although our three river-loving dogs plunged into the water without noticing the birds, the ducks continued to calmly paddle around in the shadow of a tree. Hopefully, lots of rain (we need about 12 inches!) will fall in February and March to replenish the current low water level for irrigating our crops and for the water birds that frequent Cache Creek in their annual migration.

Box Notes: It's green garlic season! We planted the garlic in September. A single clove sprouts and eventually becomes the bulb. But before dividing into a bulb, the plant is a long straight shank, like a leek with green tops and a white bottom. The white part of the shank is the part you cook. Wash and peel the outer layer, then thinly slice into rounds and use in a dish wherever you'd like a garlic punch. Use green garlic in salad dressing, sautéed with greens (this week, it's spinach), in potato salad or added to a cheese sauce with steamed romanesco. The navel 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.

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. *Pork Shares are available to Mountain Bounty customers for farm pick-up in Guinda.*

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. The navel oranges are from Blue Heron Farm (certified organic by CCOF).

Sui Choy Slaw from *Rebar* by Audrey Alsterberg & Wanda Urbanowicz

Vinaigrette (yields 1½ cups):

3 garlic cloves, minced [Use Green Garlic-RDF]

½ cup pickled ginger

2 tbsp pickled ginger juice

¼ cup mirin

¼ tsp cracked pepper

¾ cup vegetable or peanut oil

1 tbsp minced ginger

1/3 cup fermented black beans

2 tbsp rice vinegar

¼ tsp roasted, ground Szechuan peppercorns

½ tsp salt

Salad:

½ small head sui choy

6 oz. snow peas

½ red sweet pepper, seeded

1 tbsp sesame seeds

4 baby bok choy or Shanghai choy

2 carrots

½ bunch scallions, thinly sliced

Add all of the dressing ingredients, except the oil, into the bowl of a food processor and pulse to break up the chunks. Let the motor run while drizzling in the oil and blend until smooth.

Finely shred the sui choy. Cut the butt end of the bok choy, separate the leaves and rinse in cold water. If the leaves are wilted, leave them in a bowl with cold water for 15 minutes. Shake off the excess water and thinly shred each leaf or group of leaves on a sharp angle.

Wash and string the snow peas and thinly julienne along the length of the pea. Peel the carrots and slice thin coins on a diagonal. Lay each coin flat and julienne into long, thin matchsticks. Finely julienne the red pepper.

Mix all of the vegetables together in a bowl and toss with enough vinaigrette to coat well. Sprinkle with finely minced scallions and toasted sesame seeds. Serve.

Fingerling Potato Salad with Sherry-Mustard Vinaigrette from *Bon Appétit*, September 2006

Vinaigrette:

1 tablespoon Dijon mustard

¼ cup canola oil

½ teaspoon chopped fresh tarragon

Freshly ground black pepper

1 tablespoon Sherry wine vinegar

1 teaspoon chopped fresh Italian parsley

Fine sea salt

Potato Salad:

2 cups coarse sea salt

2¼ inch thick slices smoked bacon, cut crosswise into ¼ inch thick strips

2 small shallots, thinly sliced

2 green onions, thinly sliced

2 pounds fingerling potatoes

2 hard-boiled eggs, peeled, chopped

Combine mustard and vinegar in small bowl. Whisk in oil, then herbs. Season with sea salt and pepper.

Preheat oven to 400°F. Spread sea salt in even layer on rimmed baking sheet; arrange potatoes over salt, spacing slightly apart. Cover sheet with foil and bake until potatoes are tender, about 1 hour. Remove from oven, uncover, and cool to lukewarm.

Meanwhile, cook bacon in medium skillet over medium heat until brown and crisp. Transfer to paper towels to drain.

Peel potatoes; cut in half lengthwise. Place warm potatoes in medium bowl. Add bacon, shallots, eggs, onions, and vinaigrette. Toss well and serve.