

Riverdog Farm Veggie Box News
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February 15, 2010
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Box Contents:

1 bu Carrots
1 bu Spinach
1 bu Gai Lan Greens
1 bu Spring Onions
1½ lbs Potatoes
1¼ lbs Cauliflower
½ lbs Little Gem Lettuce
2½ lbs Murcott Tangerines

Field Notes: The Valentine's weekend of sunny weather is quickly drying up the soil surface. The drier conditions will allow us to get into the fields with tractors to cultivate, mechanically remove weeds, between the crop rows. The pea plants are in need of getting liberated from the weeds so that they can receive the maximum amount of sunlight to go into their flowering and pea-pod phase and so that when it's time to harvest the peas, the pods can be easily seen on the plant. As the soil surface dries, we will be able to start the spring direct-seeding frenzy, plunking seeds into the earth as fast as we are able to with the tractor seed hoppers.

Box Notes: The Murcott Tangerines are from Gold Oak Ranch (certified organic by CCOF) in Rumsey. Unlike the Owaris, this type of tangerine has seeds but the tangy-sweet flavor makes up for having to work around the seeds. The Gai Lan, also known as Chinese broccoli, is our toast to the Chinese New Year that happened on February 14, 2010. Spring onions are young onion plants harvested before they bulb. They are milder than mature bulbed onions and slices of it can be eaten raw if you desire. The tops of the onions are great in stir-fries. Cauliflower is back! You'll find purple and white cauliflower heads in your box.

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.

Chicken Caesar Salad

From: <http://cafefernando.com/chicken-caesar-salad-recipe/>

2 chicken breasts, brined

2 slices organic rye bread

3 oz Parmesan cheese, grated

1 tablespoon lemon juice

1 + ½ teaspoon Worcestershire sauce

Salt and pepper

Direction uses blender.

6 romaine hearts, washed and dried

3 garlic cloves, divided

¼ cup + 2 tbsp extra virgin olive oil, divided

½ teaspoon Dijon mustard

3 tablespoon buttermilk

To prepare the croutons, preheat your broiler. Cut each slice into small cubes, place on a baking sheet and broil until golden. Mash a clove of garlic with some salt to a smooth paste. Place into a frying pan together with a tablespoon of olive oil and heat just to warm. Toss with croutons and set aside. Place the remaining 2 garlic cloves, mustard, buttermilk, Worcestershire sauce and lemon juice in a blender and puree until smooth. While the blender is working, drizzle ¼ cup of olive oil from the feeding tube. Add the grated Parmesan cheese and puree until thoroughly combined. Add salt and pepper to taste. Set aside. Drain the brined chicken breasts and pat dry with a paper towel. Transfer to a bowl and rub with a tablespoon of olive oil and salt & pepper. Heat a frying pan (preferably cast iron) over medium-high heat. Add the chicken and cook for 8-10 minutes each side or until cooked through. Transfer to a plate and cover with foil. Set aside for 5 minutes to rest. Thinly slice across the grain. Toss the romaine hearts with the Caesar dressing and arrange on your serving plates. Top with chicken pieces and croutons and serve warm.

Shaved Carrot, Fennel, and Mandarin Salad from Sacramento Natural Foods Co-op, recommended by RDF CSA member Rebecca Ballew.

8 oz carrots (about 3 mid-sized), thinly shaved or grated
2 medium fennel bulbs, thinly shaved
¼ medium red onion, thinly sliced
3 tablespoon extra virgin olive oil
1 tablespoon white wine vinegar
1 cup arugula
1 cup mandarin section
2 tablespoons fresh lemon juice
Sea salt and freshly ground pepper

Put carrots and fennel in a bowl and toss with olive oil, lemon juice, and white wine vinegar. Let stand for 20 minutes to soften. Add the red onion. Gently mix in arugula and mandarins. Season with salt and pepper, toss well, taste and add more seasoning if needed.

Gai Lan with Garlic and Oyster Sauce

From: <http://soupbelly.com/2009/05/25/gai-lan-with-garlic-and-oyster-sauce/>

1 bunch of gai lan, washed and patted dry
2 tablespoons corn oil
2 tablespoons oyster sauce
3 cloves garlic, crushed
Salt

Direction uses tongs and a wok.

Soak the gai lan in a big tub of water for a few minutes. Pat dry; the water on the gai lan will make the oil splatter, so the dryer the better. Heat oil in a wok on high. Immediately after you drop the garlic in, put the gai lan in. Use a lid as a shield from splattering oil. Using tongs, flip the gai lan from bottom to top, so all the leaves are coated with oil. Sprinkle salt over the leaves, this will flavor it plus force the water out of the vegetable. Put a lid on it and turn heat down to medium. Cook for 3-4 minutes. When it is done, the gai lan should be a vibrant green, and the stalks should be tender and crisp. You can put the oyster sauce in now, or drizzle it on top when you serve it.

Spicy Carrot Soup with Coconut, Lime, and Young Ginger

From: <http://yummysupper.blogspot.com/search/label/carrot>

2 tablespoons raw organic coconut oil
1-2 teaspoons young ginger, minced
3-4 cups chicken broth
Salt to taste
Juice of two limes
1 whole yellow onion, roughly chopped
6 cups carrots, roughly chopped
13 oz coconut milk
Cayenne pepper to taste
Few sprigs cilantro

Soup is blended/pureed.

Melt coconut oil in soup pot over medium heat. Add onion and ginger. Cook for a couple of minutes. Add carrots, and cook covered for 10-15 minutes until carrots begin to soften. Add broth, bring to a boil, and reduce to a simmer for 10-15 more minutes. Add coconut milk. Cook a bit longer until carrots are done. Add limejuice, salt, pepper, and cayenne to your liking. Puree.