

Riverdog Farm Veggie Box News
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Box Contents:

1 bu Red Russian Kale
1 bu Spring Onions
1-2 Fennel
½ lb Spinach
1 bag Sun-dried Tomatoes
1 Butternut Squash
3 Navel Oranges
1¼ lb Murcott Tangerines

Field Notes: The rainfall started Friday and has continued steadily. So far, we've gotten about 2¼ much-needed inches. Today, (Monday) it's raining even harder. We anticipate more rain tomorrow and are relishing this late rainfall. Although the rainy, muddy conditions make harvesting more challenging for everyone in the fields and in the packing shed, we really need this rain and accept the challenges it causes. Shorter workdays and reduced restaurant and store sales give the crew an opportunity to spend more time at home before the hustle-bustle of spring hits. Young tomatoes are sprouting in the dark, heated germination box and a few trays have already emerged from the 5'x 8' x

4' box sprouting box. Rosy, who is the greenhouse manager, checks the germination box each day for moisture and for the appearance of the first two primary leaves of the seedlings. Once five or more of the first two leaves are visible, the trays comes out of the germination box and are placed on tables in the greenhouse where their roots are kept warm by heating mats. Someday soon we hope to upload some videos of what's happening on the farm on You Tube so you have some visual imagery of where your food comes from.

Box Notes: First, we'd like to clear up the mystery surrounding missing bananas last week. The Russian Bananas are fingerling potatoes named for their color and crescent shape. Sorry for the confusion, but we have to confess, the misunderstanding provided a few chuckles. The sun-dried tomatoes were dried in the heat of summer on old wooden prune-drying racks. When the tomatoes are drying in the sun they smell delicious, as though they are being slow roasted at about 100 degrees. This area on the farm, between the apricot orchard and the greenhouse, is a fun place to happen by to taste a tomato in order to check on their drying progress. They're packed with flavor and can be eaten raw like a raisin, finely diced and added to salad dressing or rehydrated in recipes where you'd like a taste of tomato. Twice the citrus pleasure, as we have both navel oranges and Murcott tangerines. The Murcott tangerines are from Gold Oak Ranch (certified organic by CCOF) in Rumsey. The Murcotts are more tart than Satsuma mandarins, but I find them to have more flavor and better citrus characteristics. Murcotts do have a few seeds. The navel oranges are from Blue Heron Farm (certified organic by CCOF) also in Rumsey. Cooked, fennel bulbs are very sweet and aromatic and taste great in soups. My favorite use for fennel, however, is pairing sautéed slices of the bulb with pork chops or sausages. The rain and near freezing temperatures yield a sweet and tender spinach, perfect for salads. Spring onions are the plants before they bulb. They are more intense than green scallions, but the tops and stems can be used and great stir-fried. The Red Russian is a mild kale that is simple to prepare. Braise the kale with spring onions and garlic. Enjoy the goodies!

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).

Pasta with Sun-Dried Tomatoes

From www.cooks.com: www.cooks.com/rec/doc/0,1935,149171-226199,00.html

1 lb linguini	2/3 cup olive oil
1/2 cup minced fresh parsley	1 tablespoon tomato-vegetable paste
1 teaspoon garlic paste	1/2 teaspoon red pepper flakes
1/2 cup sun-dried tomatoes, finely diced	Salt and pepper to taste
Grated Romano or Parmesan cheese	

Cook pasta to al dente stage; drain and return to cooking pot. Add next 6 ingredients to pasta; toss well. Add salt and pepper to taste. When all ingredients are heated, transfer to serving platter. Garnish with parsley; sprinkle with cheese.

Orzo Pilaf with Mushrooms, Leeks and Sun-Dried Tomatoes

From www.epicurious.com/recipes/food/printerfriendly/Orzo-Pilaf-with-Mushrooms-Leeks-and-Sun-Dried-Tomatoes-5155, Bon Appétit | March 1998

Yield: Makes 8 servings

Nonstick vegetable oil spray	1 1/2 cups canned low-salt chicken broth
1/3 cup chopped sun-dried tomatoes (not packed in oil)	
1 tablespoon olive oil	12 ounces Portobello mushrooms, stemmed, diced
3 cups sliced leeks	1 tablespoon chopped garlic
4 cups freshly cooked orzo	1/4 cup chopped fresh basil or 1 tablespoon dried
2 tablespoons balsamic vinegar	

Preheat oven to 350°F. Spray 8 x 8 x 2-inch glass baking dish with nonstick spray. Bring broth and tomatoes just to boil in heavy small saucepan. Remove from heat; let stand 10 minutes.

Meanwhile, heat oil in large nonstick skillet over medium heat. Add mushrooms, leeks and garlic. Cover skillet and cook until vegetables are tender, stirring occasionally, about 12 minutes. Remove from heat. Mix in cooked orzo, basil, vinegar, tomatoes and broth. Season with salt and pepper. Transfer to prepared dish; cover with foil.

Bake pilaf until heated through, about 40 minutes. Serve hot.