

Box Contents:

2 lbs Navel Oranges
3 lbs Murcott Mandarins
½ lb Almonds
1 lb Savoy Cabbage
1 bu Carrots
½ lb Romanesco
½ lb Little Gem Lettuce
2/3 lb Braising Mix

**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: The full moon, snow on the ridges, swathes of
almond orchards covered in white blossoms, frosty mornings, and
rain on the valley floor this week created breath-taking landscape
views. The night of Thursday February 17th, a rare moonbow
appeared when the light of the full moon reflected off of the misty
rain creating a luminescent arch over the western side of the
valley. In a few weeks, we'll be able to assess the pollination
success rate. As the blossom cycle ends, small green leaves
begin to emerge from the branches. After the blossoms have
dropped, the very young nut fruit set becomes apparent.

Box Notes: The Murcott Mandarins are from Gold Oak Ranch,
certified organic by CCOF, in Rumsey. The navel oranges are
from Blue Heron Farm, also certified organic by CCOF and located
in Rumsey. The braising mix is an assortment of cooking greens
including kale, chard, spinach, Asian greens, and red mustard.
The cold frosty weather sweetens winter vegetables but also
creates cosmetic defects such as tipburn on the edges of Little
Gem lettuce. The tiny romanesco should be easy to prep, as
some of them don't need to be cut any smaller. Instead, wash and
steam whole. The leaves of the romanesco are edible and can be
included with the braising mix. Trim off the thicker stem portion of
the romanesco leaves so the mix cooks evenly.

Risotto with Greens from

<http://www.mariquita.com/recipes/cookinggreens.html>

1 small onion, finely chopped 2 tablespoons olive oil
1 cup Arborio rice, uncooked 4 garlic cloves, minced
½ - ¾ lb fresh greens, trimmed and torn (radish greens, kale,
chard, mustards, turnip greens, beet greens, etc.)
2 (14½ oz.) cans chicken or vegetable broth
Freshly ground black pepper, to taste
1 cup grated Parmesan cheese, optional

Sauté onion in olive oil in a small stock pan. Add rice and
sauté until golden. Add greens and garlic; sauté until greens are
wilted. Stir in broth slowly (one can at a time). Cook covered, but
stirring occasionally, on low heat until risotto is tender and most of
the liquid is absorbed. Add black pepper, stirring well. Add
cheese, if desired, and blend well before serving.

Potatoes and Greens adapted from

<http://waywardseed.com/products/recipes/detail-sara-joy-of-cooking.html>

1 bunch cooking greens 4 medium potatoes
1 large or 2 medium onions, sliced
Butter Salt and pepper
Thyme, tarragon or chives, finely chopped
1½ cup milk

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.

Preheat oven to 350 degrees. Boil greens in lightly salted water for 5 minutes. Drain and run under cold water. Squeeze excess water from greens and roughly chop. While greens are boiling, slice potatoes 1/8 inch thick. In bottom of 2-3 quart baking dish, layer potatoes, greens and onions. Top onion layer with 1 tablespoon of butter, cut into small chunks, salt, pepper and fresh herbs of your choice. Repeat layers and end with potatoes. Pour milk over top. Bake covered for 45 minutes until potatoes are cooked through and liquid is absorbed. Remove lid and broil on high until top is nicely browned.

Irish Farm House Soup adapted from

<http://www.cooks.com/rec/view/0,1848,142166-232203,00.html>

2 lbs stew beef, in 1½ inch cubes

3 quarts water or beef stock

½ cup quick cooking (or pre-cooked dry) split peas

½ cup barley

1 bay leaf (optional)

1 onion, thinly sliced

1 leek, thinly sliced

2 carrots, thinly sliced

1 turnip, thinly sliced

1 parsnip, thinly sliced (optional)

1 celery stalk, thinly sliced

½ head Savoy cabbage

3 pounds potatoes

Sea salt and pepper, to taste

Wash, peel and chop all vegetables except potatoes and cabbage (save these for later). Tip: If you have a food processor with a slicing disc, it can be used to advantage for slicing the vegetables.

Wash barley. Put [chopped vegetables, bay leaf, split peas, and barley – RDF] into the pot and cover with water or beef

stock. Bring to a boil for 1 minute; reduce heat to low and simmer over low heat for 3 hours.

While the soup is simmering, wash the cabbage (we prefer using Savoy cabbage - the crinkly kind, but any kind may be used), remove the core and finely shred using the slicing blade of a food processor, with a large sharp knife, a mandolin, or the slicing side of a box grater. When the soup has been simmering for 2½ hours or about 30 minutes before serving, stir in the shredded cabbage.

Now is the time to peel the potatoes, quarter and boil or steam them [in a separate pan – RDF] until tender. When the potatoes are fork tender, drain them well; return them to the hot pan and shake over heat to dry out.

Put the potatoes in soup bowls with vegetables and broth to serve. Sprinkle with a pinch of fresh parsley finely chopped and serve with crusty artisan rolls or scones.

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

Soup is blended/pureed.

1 whole yellow onion, roughly chopped

6 cups carrots, roughly chopped

13 oz coconut milk

Cayenne pepper to taste

Few sprigs cilantro

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.