

Riverdog Farm Veggie Box News

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Box Contents:

1 bu Carrots
1 lb Romanesco
1 bu Green Garlic
2/3 lb Little Gem Lettuce
1 bu Collards
1 Butternut
1 bu Red Beets
½ lb Almonds

Field Notes: After a few weeks of much needed rain we are soaking up the sunshine and trying to get as much transplanting, seeding, cultivation and hoe work done before the rain returns, probably Tuesday. The crew is ready to put in some hours after a month of limited work due to the rain. As of Monday morning, we are about a third of the way through our available transplants and almost caught up with field seeding. Another day or two of sun would be nice but I doubt we'll get it and we still need a lot more rain. Capay Valley, the long narrow valley where the farm is located, is entering the peak of almond blossom season. From a distance, orchards on the valley floor look like they're blanketed with

snow, single wild trees along State Route 16 resemble branches loaded with popped corn, and the very old, girthy tree in our backyard is full of white-pink blushed blossoms that offer the path to our house the sweet scent of spring. The bees are responding to this new source of pollen in a frenzied fashion. To celebrate the almond blossoms and all their potential, we've included a bag of almonds in your veggie box this week. There is also a valley wide Almond Festival on March 14, 2010 to celebrate the history of almond growing in this region. For more information about the festival check out:

<http://www.espartoregionalchamber.com/AlmondFestival.aspx>

Box Notes: The almonds make a great snack when lightly toasted in a cast iron skillet on low heat until they start to make a subtle popping/splitting sound. When they start popping, they are done. Allow them to cool, place them in a bowl on your kitchen table and enjoy! There are several recipes in this week's newsletter.

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.

Pasta with Greens and Feta from *Still Life with Menu Cookbook* by Mollie Katzen, adapted and recommended by RDF CSA member Laura Reyes

6 tablespoons olive oil

3 cups chopped leeks

7 to 8 packed cups mixed greens, washed, dried, and coarsely chopped kale, and/or any of the following: chard, beet greens, rapini, mustard, spinach

Salt and freshly ground black pepper to taste

1 pound penne, fusilli, or shells

½ to ¾ pound feta cheese, crumbled

Freshly grated Parmesan cheese (optional)

Heat Olive Oil in a large saucepan or Dutch oven. Add the leeks and cook for about 8 minutes over medium heat, stirring occasionally. Meanwhile put the pasta water up to boil. Add chopped greens to the saucepan, salt lightly, and stir until the greens begin to wilt. Cover and cook 10 to 15 minutes over medium-low heat. Cook the pasta until al dente. Just as it becomes ready, add the crumbled feta cheese to the greens. Keep the heat on low as you add the cheese. Strain the pasta, let excess water drain, and add to sauce. Mix thoroughly. Cook the pasta, feta, and greens over low heat for a few minutes. Add a small amount of Parmesan, if desired. Add freshly ground pepper. Serve.

Penne with Ricotta and Green Garlic Sauce

From: <http://www.gourmetsleuth.com/Recipes/Garlic-541/Penne-with-Ricotta-and-Green-Garlic-Sauce-524.aspx>

1½ cup fresh whole-milk ricotta
2 tablespoons minced parsley
1 pound dried penne or fusilli pasta
¼ cup freshly grated Parmesan cheese plus grated Parmesan for the table

½ cup finely minced green garlic
Salt and freshly ground pepper to taste
2 tablespoons butter

Combine the ricotta, green garlic and 1 tablespoon of the parsley in a large bowl; season with salt and pepper. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until al dente. Just before pasta is done, remove ½ cup of the boiling water. Whisk enough of the hot water into the ricotta to make a smooth, creamy sauce. Drain the pasta and add to the sauce along with the butter. Toss well. Add ¼ cup Parmesan cheese and toss again, adding a little more of the hot water if needed to thin the sauce. Taste and adjust seasoning. Serve on warm plates, topping each portion with some of the remaining parsley. Pass additional Parmesan at the table.

Roasted Butternut Squash with Garlic, Sage & Pine Nuts

From: <http://www.recipegirl.com/2007/11/01/roasted-butternut-squash-with-sage/#ixzz0gHvGn6tA>

3 lbs butternut squash, peeled, seeds scooped out & cut into ½ inch cubes
2 tablespoons olive oil, divided
½ teaspoon freshly ground black pepper
2 tablespoons chopped fresh sage

1 teaspoon kosher salt
2 large garlic cloves, minced
1/3 cup pine nuts

Preheat oven to 450°F. Line baking sheet with parchment paper, or spray lightly with cooking spray. In a medium bowl, toss butternut squash cubes with 1½ tablespoon olive oil, salt and pepper. Spread out on prepared baking sheet. Roast for 35 to 45 minutes, until squash is as tender as desired. While squash is roasting, heat ½ tablespoon olive oil in a small skillet. Add garlic, sage and pine nuts, and sauté until pine nuts are lightly browned. Remove from heat. Scoop butternut squash into a large bowl. Scrape contents from the skillet onto the butternut squash and gently toss. Serve immediately. Yields 6 side dish servings.

Pickled Beets

From: Gourmet | December 2000 <http://www.epicurious.com/recipes/food/printerfriendly/Pickled-Beets-104407#ixzz0gHwCQOfL>

Yield: Makes about 3 cups

1 cup cider vinegar
½ cup sugar
¼ teaspoon mustard seeds
1 small bay leaf (not California)
¼ bunch fresh dill

Active Time: 30 minutes, Total Time: 2 days
½ cup water
1/8 teaspoon pickling spice
¼ onion, halved
¾ teaspoon whole black peppercorns
3 beets (1 pound without tops)

Bring all ingredients except beets to a boil in a 3 quart saucepan, stirring until sugar is dissolved. Cover and simmer 30 minutes. Cool marinade, then chill, covered, 1 day to allow flavors to develop. Pour through a fine sieve into a bowl. Cook beets in a saucepan of boiling salted water until tender, 1 to 1¼ hour. Drain and cool. Slip off skins and cut into ½ inch pieces. Stir together beets and marinade, then marinate, covered and chilled, 1 day.