

**Riverdog Farm Veggie Box News**  
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**February 23, 2009**  
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**Box Contents:**

1½ lbs Murcott Tangerines  
2-3 pieces Navel Oranges  
1-2 pieces Celeriac  
1-2 heads Romanesco  
1 bu Carrots  
½ lb Broccoli  
1 bu Spinach  
1 bu Dino Kale  
2 hds Baby Romaine Lettuce

**Field Notes:** Last week, 10 Riverdog Farm employees headed down to Berkeley for a delicious dinner at Eccolo. The restaurant featured over 40 items from our farm on their featured menu for that evening, including cauliflower, fennel, carrots, potatoes, almonds, eggs, cayenne peppers, arugula, sun-dried tomatoes, broccoli, spinach, dino kale, beets, walnuts, tangerines, pork and more! (They even featured our humble iceberg lettuce with Samin's creamy buttermilk and herb dressing.) The meal was a wonderful celebration of the farm's winter bounty. Samin Nosrat, Sous-Chef at Eccolo, conceived the meal. She wanted to link Eccolo patrons directly with a farm (our farm!) by orchestrating this stupendous

meal. Eccolo's commitment to sourcing their ingredients from fresh and local purveyors was readily apparent at the dinner. Some of our favorite dishes included: the spit-roasted chicken, Chris Lee's salumi and assorted cured meats, the roasted cauliflower with pork cracklings, the green garlic tagliatelle (a pasta) with leeks, wild mushrooms and pecorino, egg yolk raviolo with slow-cooked pork belly and for dessert, the candied fennel on panna cotta. It was a memorable dinner. Our thanks to Samin and the friendly folks at Eccolo for the delightful evening!

**Box Notes:** Celeriac (aka celery root) is a great rainy weather vegetable. It imparts a concentrated celery flavor in soups and stews. When cooked, it becomes as soft as mashed potatoes. Try it out in the stew recipe below. We're picking out of a new planting of carrots. We're very pleased to have a steady supply, as one of our goals was to provide a weekly bunch of sweet, tender carrots during the winter season. The recent rain perked up the greens, and we have sweet spinach and dino kale. But, give your leafy produce an extra bath rinse this week as the rainy weather has increased the grit/silt factor. Steam the romanesco and broccoli together for a nutrient packed side for your meals. The Murcotts are from Gold Oak Ranch (certified organic by CCOF) in Rumsey, and the navel oranges are from Blue Heron Farm (certified organic by CCOF) also in Rumsey. We're happy to have baby Romaine lettuces for your salads. Enjoy!

**Blog Note:** We finally got this *blog* thing rolling. There are two blogs, and they have information and photos of our pastured hogs and hens. Check out *Riverdog Farm Hog Blog* ([riverdoghog.blogspot.com](http://riverdoghog.blogspot.com)) and *Riverdog Farm Coop Scoop* ([riverdogfarm.blogspot.com](http://riverdogfarm.blogspot.com)) and take a look at our pastured livestock operations!

**Payment Reminder:** The veggie box price is \$20 per week. 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](mailto: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 pork share 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. Each share is packed into a cardboard box (the same sized box as the ones in which the veggies are packed) and 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](mailto:csa@riverdogfarm.com) or call (530) 796-3802. Riverdog Farm pork is not certified organic. *Shares are available to Mountain Bounty customers for farm pick-up in Guinda.*

**Ginger Kale** from *Tastes from Valley and Bluff: The Featherstone Farm Cookbook* by Mi Ae Lipe

**1 bu kale, stems removed and leaves cut into strips**  
**2 tablespoons olive oil**  
**2 large garlic cloves, minced**  
**1 tablespoon minced fresh ginger or 1 teaspoon dried ginger**  
**Juice of 1 fresh lime**  
**[A dash of red chili pepper adds some heat!-RDF]**

**1 tablespoon butter**  
**1 medium onion, chopped**  
**Freshly ground black pepper**

Steam the kale until slightly wilted.

Heat oil and butter. Add garlic, onion and ginger; sauté until soft. Toss in the kale. Cover and cook on low heat until the kale is tender.

Sprinkle with lime juice and pepper to taste.

Serves 2-4.

### **Hoirino me Selinoriza: Pork & Celery Root Stew**

From: [http://greekfood.about.com/od/porkrecipes/r/hoirino\\_selinor.htm](http://greekfood.about.com/od/porkrecipes/r/hoirino_selinor.htm)

In Greek: χοιρινό με σελινόριζα, pronounced hee-ree-NO meh seh-lee-NO-ree-zah

A favorite winter dish combining root vegetables - celery root, carrots, potatoes, and onions - this stew is easy to make and a great one-pot meal. The recipe calls for pork, celery root, potatoes, onion, carrots, dill, and celery.

Cook Time: 1 hour, 30 minutes

**2-2½ pounds of boneless pork shoulder or fresh ham, cut into 6 large pieces**  
**1 onion, finely chopped**  
**4 cups of water**  
**1 teaspoon of sea salt**  
**2 rounded tablespoons of fresh dill, finely chopped**  
**4-5 celery stalks with leaves, coarsely chopped**  
**2¾ pounds of celery root, cleaned and cut into slices**  
**2 medium potatoes, peeled and cut in chunks**  
**1 tablespoon of flour**

**½ cup of olive oil**  
**2 carrots, cut in large pieces**  
**½ teaspoon of pepper**  
**Juice of 2 lemons**

In a large stew pot, heat the oil to medium-high and brown the meat on all sides. Add onions and cook until soft. Add water, carrots, dill, chopped celery, salt and pepper, and bring to a boil. Reduce heat to medium and boil for 45 minutes.

Add celery root, and 10 minutes later, add potatoes. Continue to boil for 30 minutes longer.

Turn off heat.

In a small bowl, combine lemon juice and flour and stir until the flour dissolves. Add ½ cup of liquid from the pot, stir to mix well, and stir the lemon mixture into the pot. Cover the pot with a towel for 10 minutes, and serve.

Yield: serves 6 (one piece of meat per person)