

**Box Contents:**

1 bu Baby Fennel  
¾ lb Broccoli  
1-2 hds Cauliflower  
1 hd Bok Choy  
2-3 hds Baby Romaine  
Lettuce Mix  
1 lb Russian Banana  
Potatoes  
1 Butternut Squash  
1 lb W. Murcott Mandarins  
1½ lbs Navel Oranges

**Field Notes:** We are grateful to have missed the wind part of this last storm but enjoyed the several inches of rain. Clear Lake and Indian Valley Reservoir are still filling for the summer months. The water level on Cache Creek rises and falls quickly depending on the flow from the side creeks, but has no sustained heavy flow yet - a constant reminder of how dry last year was. And even the ground continues to absorb moisture, as if down deep, we are still catching up. Don't get me wrong, we have a few mud holes you could lose a car in, but the fields are not as puddled as they often are after heavy rains. The shop is full of disassembled trucks and tractors again. Hopefully we'll be back to hoeing by Wednesday afternoon and transplanting by Friday, though it will be late next week before we are able to move much soil and plant potatoes for May/June harvest.

**The Almond Festival** was delayed due to the storm until Saturday, March 1<sup>st</sup> – This Saturday.

**Payment Reminder: Payment is due the first week of March.**

- Monthly payment for four *Wednesday* deliveries in March is \$64.
- Monthly payment for four *Thursday* deliveries in March is \$64.
- Monthly payment for four *Friday* deliveries in March is \$64.

If you have any questions about your account status or if you'd like to make payment for the remainder of the year, please contact the farm by email at [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com) or call (530) 796-3802. *Mountain Bounty customers, please ignore this reminder.*

*We don't place ads for our program, but we're always looking to boost membership. We find that endorsement from members who have experience with our service is the best advertisement we could ever hope for! If you like what we do and know folks who would enjoy receiving our weekly veggie box deliveries, have them give us a call or visit our website: [www.riverdogfarm.com](http://www.riverdogfarm.com) Thank you!*

**Reminder about Cancellation:** Please notify us by phone or email if you wish to cancel your veggie box deliveries. We continue to deliver veggie boxes without receipt of a cancellation notice for up to three boxes.

**Box Notes:** You will find one large or two medium heads of beautiful, dense cauliflower. The inner leaves of the cauliflower look precious and are delicious. The florets, stalks, and leaves of our broccoli are tender, and well-sized for easy prep and steaming. We harvest our broccoli heads small, before the florets have a chance to open. The full, white-stalked vegetable is the Bok Choy. Baby fennel is milder than the mature bulb and cooks much more quickly. Braising or steaming the fennel brings out its sweetness. And no, the tops of the fennel are not for eating. This is the final round of our winter squash – it was another great season! The butternut squash is out of storage, but still tastes sweet and wonderful pureed in soup or in a pie. The small potatoes are the Russian Bananas and they pan-fry very well with garlic and onions. You will find two to three red and green baby romaine lettuces. This is also the final week of citrus - navels and W. Murcotts - in our boxes. You will find three to four navel oranges packed together with the W. Murcott mandarins. The W. Murcott mandarins are from Gold Oak Ranch (certified organic by CCOF) and the navel oranges are from Blue Heron Farm (certified organic by CCOF). Both family farms are in Rumsey, the Capay Valley's northern citrus zone. We'd like to thank David & Ann Scheuring of Gold Oak Ranch and John & Gretchen Ceteras of Blue Heron Farm for providing delicious citrus fruits during our winter season. We look forward to next winter. Enjoy the bounty and variety!

**Pasta with Spicy Cauliflower** from *Moosewood Restaurant Cooks at Home*, by the Moosewood Collective

<b>1 large onion, finely chopped (about 2 cups)</b>	<b>2 tablespoons olive oil</b>
<b>2 cups un-drained canned Italian plum tomatoes (16 ounce can)</b>	<b>¼ cup red wine</b>
<b>1½ teaspoons chopped fresh oregano (or ½ teaspoon dried)</b>	<b>¼ to ½ teaspoon crushed red pepper flakes</b>
<b>½ cup bread crumbs</b>	<b>1 cup black olives, pitted</b>
<b>1 or 2 small heads cauliflower</b>	<b>1 tablespoon olive oil</b>
<b>1 pound short, chunky pasta (shells, ziti, or fusilli)</b>	<b>chopped fresh parsley (optional)</b>

Bring a large covered pot of water to a rapid boil. While the water heats, sauté the onions in the oil until translucent. Add the wine and the juice from the tomatoes. Squeeze the tomatoes with your hand to crush them, and add them to the saucepan. Stir in the red pepper flakes and oregano. Slice each olive in half lengthwise, and add it to the sauce. Simmer gently, covered.

In a small heavy skillet, sauté the bread crumbs in the 1 tablespoon of olive oil, stirring constantly until crisp. Set aside.

Chop the cauliflower florets into bite-sized pieces. When the pot of water comes to a boil, ease in the cauliflower and cook for 5 minutes. Remove the cauliflower from the water with a slotted spoon or sieve, and add it to the simmering sauce. Stir well.

Cook the pasta in the same boiling water until al dente. Drain and divide it among warmed individual dishes. Top with the sauce. Sprinkle each serving with toasted bread crumbs, and parsley if desired, and serve immediately.

**Fennel, Mushroom, and Parmesan Salad** from *The Greens Cookbook*, by Deborah Madison

<b>1 clove garlic</b>	<b>¼ teaspoon coarse sea salt</b>
<b>2 to 2½ teaspoons lemon juice</b>	<b>2 strips of lemon peel, minced</b>
<b>1/8 teaspoon fennel seeds, crushed under a spoon or in a mortar</b>	<b>4 to 5 tablespoons extra virgin olive oil</b>
<b>Salt and Pepper</b>	<b>8 ounces large, fresh mushrooms, wiped clean</b>
<b>1 fennel bulb</b>	<b>1 tablespoon fennel greens, chopped</b>
<b>1 tablespoon Italian parsley, coarsely chopped</b>	<b>2 to 3 ounces Parmesan Reggiano, shaved into paper-thin slices</b>

Pound the garlic and the salt in a mortar until completely smooth. Stir in the lemon juice, lemon peel, fennel seeds, and olive oil to make a tart, lemony vinaigrette.

Thinly slice the mushrooms, carefully dress them with a few tablespoons of the vinaigrette, and season them with plenty of freshly ground black pepper. Lay a damp kitchen towel or a piece of plastic wrap directly over them to keep them from browning, and set them aside for 1 hour to marinate.

Trim the fennel bulb and cut it into quarters. Remove most of the core; then slice it lengthwise, very thinly, leaving the pieces joined together. Dress it with most of the remaining vinaigrette and half the herbs, and season with salt and pepper. Add the rest of the herbs to the mushrooms.

Layer the mushrooms, cheese, and fennel on each plate and spoon the remaining vinaigrette over the top.