

Riverdog Farm Veggie Box News

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Box Contents:

3 lbs Murcott Mandarins
1 Lettuce
1 bu Carrots
1 Green Cabbage
1 bu Beets
2-3 Leeks
1 bu Green Chard
¾ lb Braising Mix

Field Notes: The almond blossoms are almost completely gone; the orchards are now a solid sea of green, blending in with the grassy hillsides. The week's forecast calls for highs in the 70s, with beautiful blue skies and gentle breezes. That'll create perfect soil conditions for the full speed transplanting of chard, lettuce, broccoli, cabbage, and cauliflower. This week we'll also transplant spring peas. The greenhouse is filling up with tomato and pepper starts. Next week, our first round of tomato starts will go into the ground with aluminum irrigation pipes set up throughout the fields for frost protection.

Box notes: The citrus in this week's box are the Murcott variety. They are from Gold Oak Ranch (certified organic by CCOF). We packed an extra, no-charge ½ lb of mandarins in your box to cover for any dryness that some of the fruit may have. Because of the freeze in early December a small percentage of the fruit became dry. Despite the occasional mandarin with some internal dry spots, the flavor is delicious. Hope you enjoy all the green-ness in the box – our way of giving a toast to celebrate the spring equinox (3/20) and St. Patrick's Day this Wednesday (3/17). Chard is a relative of spinach and beets from the chenopod family, commonly known as goosefoot. It is a tender, mild cooking green that is delicious steamed, sautéed, or added to soups. Rinse it well in a water bath as it collects soil grit like spinach. Our braising mix includes young kales, chard, spinach, and beet greens.

Payment Reminder: The veggie box price is \$20 per week. April / Second Quarter Payment is due by March 26, 2010.

Monthly payment for four **Wednesday** deliveries in April is \$80.

Monthly payment for five **Thursday / Friday** deliveries in April is \$100.

Quarterly payment for 13 weeks of deliveries from April through the end of June is \$260.

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 Meats: We deliver frozen pastured pork or chicken to your pickup location.

Pork Shares: 15 to 20 lb cases of assorted cuts at \$7 per pound

Pork Sausages: 10 lbs of assorted styles is \$65

Whole Broilers: 4 to 5 lb meat birds at \$5 per pound

Email csa@riverdogfarm.com for more information or to request a list of pork shares or whole chickens. Visit our *Hog Blog* (riverdoghog.blogspot.com) to view photos of our pigs.

Simple Cabbage Stew from Riverdog Farm

1-2 onions, coarsely chopped

5 tablespoons olive oil

½ hd green cabbage, cut into chunks so that the separated leaves are about 1½ inches square

1 bu carrots, scrub washed and cut into 3rds (no need to peel)

1-2 potatoes, washed cut in fourths

1 can of cannellini or white beans

1 teaspoon Red Chili Flakes to taste, optional

6-10 cloves garlic, minced

2 tablespoons butter

2 cans of roma tomatoes with juice

Salt and Pepper to taste

Parmigiano-Reggiano

In a heavy bottom stockpot sauté the onions and garlic in the olive oil and butter until translucent on medium low heat. Add the chopped cabbage, carrots, and potatoes. Stir all until the onion/garlic base coats everything well. Add the canned tomatoes with the juice, chopping the whole romas in half as they go into the pot. Allow the stew to gently simmer/low boil until the carrots and potatoes are soft to the poke of a fork. When the carrots and potatoes are soft, add the beans and thoroughly heated. Eat with grated Parmesan cheese and toasted, sliced baguette. Nourishing and delicious!

Susan's Swiss Chard Artichoke 'White' Pizza

From: <http://foodiefarmgirl.blogspot.com/2009/01/swiss-chard-and-artichoke-white-pizza.html>

6 to 8 ounces mozzarella, thinly sliced

3 Tablespoons olive oil

1 cup finely chopped onion

4 to 6 cloves garlic, minced

1 bunch chard (4 cups packed leaves), leaves and stalks separated, chopped into small pieces

1 14-oz can artichoke hearts (packed in water), drained, rinsed, and chopped into small pieces

¾ cup freshly grated Pecorino Romano or Parmesan cheese

1 teaspoon Worcestershire sauce

About an hour before you're ready to bake your pizza, place a baking stone (if using) on the lowest rack in the oven and heat to 500 degrees.

Heat olive oil in a 4-quart or larger pot. Add onion and chopped Swiss chard stalks and cook, stirring frequently, until soft, about 6 to 8 minutes. Add garlic and cook, stirring frequently, 2 minutes; do not let garlic brown.

Stir Swiss chard leaves and chopped artichoke hearts into onion mixture. Cover and cook, stirring occasionally, about 10 to 12 minutes. Stir in the Worcestershire sauce. Remove pan from heat and let chard mixture cool slightly, and then stir in Pecorino Romano. Alternatively, let the mixture cool completely, mix in cheese, and then refrigerate up to 2 days.

Shape the pizza dough on a piece of unbleached parchment paper and set it on a pizza peel (or directly on your baking sheet/pizza pan if you aren't using a baking stone). Spread the chard mixture evenly over the dough. Top with mozzarella. Slide pizza (parchment and all) onto the baking stone and cook for 12 to 15 minutes, or until the crust is golden and the cheese is starting to brown. Slice and serve, and try not to burn your tongue on the first bite!

Susan's Straightforward Pizza Dough

Makes approximately two 12-inch pizzas or four 8-inch pizzas

This is a simple recipe that produces a crisp, chewy, and flavorful crust. It takes less than three hours from first step to first bite.

Bread flour 3 cups (plus a little more added while kneading)

1 teaspoon instant yeast

2 teaspoon salt

Lukewarm water

Place the bread flour in a large bowl. Stir in the yeast and salt. Add the water and stir until soft, but not sticky, dough forms.

Turn the dough onto a floured surface and knead it for 3 minutes, sprinkling with a little flour each time it sticks to your hands or the counter. The dough should be quite soft. Just knead it by hand; it's easier and faster than getting out your big electric mixer.

Liberally sprinkle the mixing bowl with flour, place the dough back in it, and sprinkle the top of the dough with flour. Cover with a damp tea towel or cloth napkin and set in a warm place for two hours.

After about an hour, place a baking stone on the lowest rack in the oven, and set the temperature at 500 degrees. (You never want to put a cold baking stone into a hot oven, as it may crack.)

Turn the risen dough out onto a lightly floured surface, and divide it into two or four pieces. Flatten each piece of dough into a disk and let them rest for 10 to 15 minutes.

Another option is to form and bake your pizzas on a sheet of unbleached parchment paper on a cookie sheet. Don't worry if your pizzas aren't perfect circles. If you like a thick edge on your pizza, go around the outside of the circle and fold the dough over, pressing it down and sealing it with your fingers.