

Riverdog Farm Veggie Box News

PO Box 42 Guinda, CA 95637

(530) 796-3802

December 12, 2011

www.riverdogfarm.com

csa@riverdogfarm.com

Box Contents:

1 bu Carrots
1 bu Yellow Carrots
2 Delicata Squashes
1 bu Spinach
2-3 Leeks
1½ lbs Yellow Potatoes
1 lb Watermelon Daikon
1 lb Scarlet Turnips
1 bu Collards
½ lb Arugula

January / First Quarter / 51-Week Payment is due by December 30, 2011:

January payment for four deliveries is \$80

First Quarter payment for 13 weeks of deliveries through March is \$260.

Payment for 51 weeks of deliveries in 2012 is \$980. This total reflects two complimentary boxes at the end of the year, a discount of \$40.

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.

Almond Butter:

2 jars for \$24
1 case (12 jars) for \$144

Please email or call the farm to place your order by the Friday before your delivery day. Please mail your payment to our address when you place the order.

Winter Break: This is the final week of deliveries in 2011. We will be closed the final two weeks in December. Deliveries resume the first week in January. See you in the New Year!

Field Notes: While the cold dry weather, with several nights down to 25 F, presents its challenges, it also means that the fields are dry enough for us to squeeze in another round of cultivation on many of the overwintering veggie crops, giving us a little edge on the weeds when the rains hopefully come in earnest. We have ripped and re-bedded last summer's tomato field too, prepped the asparagus for spring production and just this week we are starting the harvest of summer planted potatoes, which will feed us all through the spring. Some years we have to wait until a dry spell in January or February for many of these projects. We have one small field left to plant with Triticale for hog and chicken feed for next year. We already have almost 100 acres planted to various overwintered grains, which will grow with just the winter rains. On the veggie side we are irrigating again, the plants need moisture after the strong winds.

Box Notes: The watermelon daikon is pink under its greenish rind, hence the name. You can peel/pull the rind away from the interior, shred the pink radish, and drizzle white wine vinegar over the shredded radish. Let it marinate about 15 to 20 minutes, then serve on the side or add it to a green salad. The pink-skinned root is the Scarlet Queen turnip. It's a mild turnip with a slight pink hue in its mostly snow-white interior. Scrub clean, cut into wedges and add to your slow roast or braises. The cooked turnip will have a faint pink color and be very tender. The short days and frosty nights have slowed the growth of our greens. The good news is that they are sweetest this time of year. The purpling on the leaves of arugula are marks left by the frost. Arugula, too, are tasty this time of year.

We would normally have started the Gold Oak Farm mandarins by now but they have been very slow to mature, much like our broccoli and cauliflower this year. These will be treats to look forward to in the New Year! Happy Holidays to all, we look forward to growing for you in the New Year.

Root Vegetables with Sausage

From <http://noteatingoutinny.com/2007/03/26/root-vegetables-roasted-with-sausage/>

1 lb potatoes
4-5 fresh sausages
½ teaspoon rosemary leaves
About 3 tablespoons olive oil
¼ teaspoon black pepper

2 lbs assorted root vegetables
4-5 whole garlic cloves
2 tablespoons fresh parsley
½ teaspoon salt

A handful of grape tomatoes (optional)

Preheat oven to 350 F.

Cut vegetables down to about 1-2 inch pieces of equal size.

Separate the harder vegetables (turnips, beets, yams, squash) from the softer ones (potatoes, carrots). Coat harder vegetables and garlic cloves

in a little olive oil and bake in a casserole covered with tin foil or a lid for about 20 minutes. Remove from oven and uncover.

Add potatoes and other vegetables, along with an even sprinkle of salt, pepper, rosemary and another drizzle of olive oil, and bake again for about 30 minutes.

Meanwhile, brown sausages on all sides in a pan or grill. Blot excess grease with paper towels and slice into 1-inch pieces.

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.

White Cornish: 3.50 to 5-lb whole (head & feet-on) chickens at \$4.50 per pound.

Red Ranger: 3.50 to 5-lb whole (head & feet-on) chickens at \$5 per pound.

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

Pork Sausages: 10-lb order of assorted styles is \$65.

Smoked, Plain or Peppercorn Bacon: 5-lb order of bacon is \$50

Smoked Hams: 5-lb order of breakfast ham steaks is \$45. Whole hams also available.

To request a list of pork shares or to place an order, please email csa@riverdogfarm.com. Meat is delivered frozen.

Have a friend who'd enjoy our CSA program?

Endorsement from members who enjoy 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, please have them give us a call, send us an email, or visit www.riverdogfarm.com.

Roasted Root Vegetables with Coriander and Lemon Thyme

From <http://www.latartinegourmande.com/2011/10/31/gluten-free-roasted-root-vegetables-recipe/>

8 small carrots, peeled and cut lengthwise (or quartered depending on size)

8 baby beets, peeled and cut in halves (or quartered depending on size)

8 radishes, long and round, cut in halves (or quartered depending on size)

4 turnips quartered (or smaller to match pieces of other round roots)

3 garlic cloves, peeled and crushed

1 inch ginger root, peeled and finely chopped (optional)

1 teaspoon ground coriander

Leaves from 5 twigs of lemon thyme

Sea salt and pepper

Olive oil

Preheat oven to 375 F. Have a baking dish or sheet covered with parchment paper ready.

In a large bowl, toss the vegetables with the garlic, coriander, lemon thyme, and ginger (if using). Season with salt and pepper. Drizzle the vegetables with olive oil to coat.

Transfer the vegetables to the dish or sheet and bake for 35 minutes, or until they are fork tender. [Depending on the size of pieces, it can take about 50 minutes. Keep an eye on the carrots and smaller roots so that they don't overcook or burn – RDF] Serve them to accompany a meat or fish, with cooked grain like rice, millet, or quinoa.

Collards and Rice

From <http://yummysupper.blogspot.com/2009/09/collards-and-rice.html>

1 bunch collards, stems removed, and chopped coarsely

½ tablespoon butter

1 tablespoon olive oil

3 large leeks (white and tender greens) well rinsed and chopped

1 clove garlic, sliced

1½ cups brown basmati rice

1 can stewed tomatoes

1 32 oz. carton vegetable or chicken broth

1 15 oz. can black-eyed peas, or about 1½ cups cooked at home

Melt butter with olive oil over medium heat and add leeks and garlic, cooking until the leeks start to brown.

Add the rice and stir to coat. Add the tomatoes and broth. Bring to a boil, reduce heat to low, and cover with wax paper, then pot lid. Cook, stirring once, for 30 minutes, before adding the collards.

Cook until most of the liquid is absorbed, adding the beans during the last 5 minutes of cooking. Serve in bowls with hot sauce on the side. Great the next day.