

Riverdog Farm Veggie Box News
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December 7, 2009
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Box Contents:

2 lbs Mandarins
1/3 lb Sun Dried White Nectarines
2 lbs Potatoes
1 bu Carrots
1 bu Purple Carrots or Fennel
1 bu Dino Kale
1 lb Broccoli or Cauliflower

Winter Break Notice: Riverdog Farm will be on winter break from December 21, 2009 through January 2, 2010. Final deliveries of '09 will be during the week of December 14. Deliveries resume during the week of January 4. We wish you a warm and happy holiday season!

Field Notes: Plummeting temperatures over the weekend brought hard frost to the whole valley. Our low in Guinda last night was 22 degrees! Despite the cold weather, the farm continues our daily produce harvest, washing, and packing. Most of the winter crops can handle these sub-freezing temperatures. We are hoping that it won't get into the teens, as this is when even frost-hardy crops can suffer from the cold. Sun during the daytime helps keep everyone warm but the cold winds have us all bundled up. We're hoping for rain soon, as the cloud cover will act as a blanket

insulating us from the sub-freezing temperatures.

Box Notes: The seedless, Owari Satsuma mandarins come from Gold Oak Ranch (certified organic by CCOF). You'll find either French fingerling or German butterball potatoes. Both varieties roast well - not a bad idea given the cold evenings. The potatoes are freshly dug so they store best in the refrigerator in a paper bag to prevent light from turning them green. The dino kale and carrots should all have exceptional flavor this week because of all the frosty nights they've been through. Cold weather's not that bad, though, if you prepare some warm, comfort food for your meals. Check out the recipes below.

Bulk Mandarins are available for your holiday needs! A 20 lb case of Owari Mandarins from Gold Oak Ranch (certified organic by CCOF) is \$30. Please place your order by phone or email by the Sunday before your delivery day. Please make your payment out to Riverdog Farm and mail your payment to the farm when you place your order. Thank you!

Payment Reminder: The veggie box price is \$20 per week. 50-Week / First Quarter / January payment is due by December 18, 2009.

Monthly payment for four weeks of deliveries in January is \$80.

Quarterly payment for 13 weeks of **Wednesday** deliveries from January through the end of March is \$260.

Quarterly payment for 12 weeks of **Thursday / Friday** deliveries from January through the end of March is \$240.

Payment for the next 50 weeks of deliveries is \$960. This total reflects two complimentary boxes, which is 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 printed date. Without timely receipt of payment, deliveries might be interrupted.

We don't advertise our CSA program. We currently have space for additional subscribers. 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 our website: www.riverdogfarm.com.

Riverdog Farm Pork Shares & Sausages: We have bulk cases of assorted pork cuts and sausages.

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 with any questions or to request a list of pork shares. Visit our *Hog Blog* (riverdoghog.blogspot.com) to view photos of our pigs.

Caldo Verde (Portuguese Kale-Potato-Sausage Soup)

From: <http://www.seasonalchef.com/recipe1205f.htm>

1 large yellow onion, peeled and minced fine

4 tablespoons olive oil

2 quarts cold water

2½ teaspoons salt

1 pound kale, chopped

1 large garlic clove, peeled and minced

6 large potatoes

1 pound chorizo or similar sausage

¼ teaspoon pepper

Sauté the onion and garlic in three tablespoons of oil. Add potatoes and sauté for five minutes. Add water, cover, and boil gently for 20 minutes until potatoes are falling apart. Meanwhile, chop and fry the sausage in a skillet and drain, then add the kale, remaining tablespoon of olive oil, salt and pepper, and simmer for five minutes. Stir sausage and kale into pot of boiled potatoes. Cook for about 20 more minutes and serve with dark bread.

Southwestern Cocido by John Spottiswood

From: <http://cookeatshare.com/recipes/southwestern-cocido-1>

2 lbs beef brisket cut in 1½ inch chunks (trim fat)

1-3 links chorizo sausage cut round (the more chorizo, the spicier)

2 onions chopped

Salt and Pepper to taste

3 cups water

2 carrots peeled and cut in rounds

1 acorn squash or small butternut squash, peeled, seeded and cubed

1 15 oz can garbanzo beans drained and rinsed or reconstituted dry

2 small ancho or jalapeño peppers, seeded and chopped (fresh is best)

1 teaspoon dried Oregano

2 garlic cloves chopped

3 cups beef stock

1 large potato, cubed medium

1 tablespoon fresh Cilantro chopped

Add meat, onions, garlic, salt and pepper, stock, and water to large pot. Bring to boil and cook 5 minutes, skim top. Cover and simmer 1½ hour over low heat. Add rest of ingredients, return to simmer, cover, and cook till squash is tender (about one hour). Add more stock if stew gets too thick. Serve in deep bowls with rice, tortillas, cold beer, and limes if desired. Also can have avocado as side if desired.

Cauliflower & White Bean Sauté from *Your Fit Gourmet* by Yvonne Tally

From: <http://cookeatshare.com/recipes/cauliflower-white-bean-saut-31958>

1 head cauliflower, heavy stem removed and broken into bit size flowers

10 button mushrooms, sliced thin (buy them already sliced)

1 stalk celery, chopped small

1 15 oz canned cannellini beans, drained and lightly rinsed

2 tablespoons chopped Italian parsley

Course sea salt

1-2 shallots, sliced

2 tablespoons extra virgin olive oil

Cracked pepper

Place mushrooms in a large sauté pan over medium high heat. Do not move, let them sit and absorb the heat. Mushrooms will begin to sizzle and turn tan and shrivel around the edges. Move pan off heat and add olive oil, distributing evenly as you sauté; mushrooms will crackle and sizzle. Return to heat and lower flame to medium heat. Add celery, shallot and cauliflower sauté until tender; about 5-6 minutes. Add beans and sauté just until beans are well heated, about 2 minute. When cauliflower is tender, add parsley and incorporate. Season with salt and pepper.