



Riverdog Farm

January 22, 2018

Riverdog Farm Veggie Box News

Box Contents:

2 lbs. Blue Heron Navel Oranges
1 lb. Yukon Gold Potatoes
2 hds. Romaine
1 bu. Spinach
½ lb. Arugula
1 lb. Broccoli
1 lb. Leeks

Box Notes:

This time of year, the potatoes start to sprout. They can be cut in half and planted if you have garden! Don't worry about the sprouts for eating, just rub them or cut them off while washing them. They still taste great fried, steamed, roasted, or in soup. The navel oranges are from Blue Heron Farm in Rumsey. They are CCOF certified organic. We will include oranges in the weekly veggie boxes through the end of February. Blue Heron Oranges are now available for purchase on the web store: 10 lbs. for \$20 or 20 lbs. for \$40! Follow this link to add a case or two to your next delivery: <https://csa.farmigo.com/store/riverdogfarmcsa>.

Field Notes: We are continuing to harvest carrots, greens, leeks, fennel, lettuce, and brassicas. The overcast days help the soil retain moisture. Over the weekend, we had some sub 30 degree mornings.

Egg Subscriptions Now Available!

At long last, we are beginning to see the light, literally. We have been suffering a shortage of eggs here at the farm for some months now. Because of the lengthening light hours in the day our egg layers are beginning to produce more eggs! We are happy to announce that we now have enough eggs to offer our csa members the option of adding eggs to your CSA subscription. Instructions below.

- If you would like to add eggs to your weekly or bi-weekly CSA delivery follow this link to log on to your member page: <https://csa.farmigo.com/account/riverdogfarmcsa>
- Once signed on, click the "Change" text next to your current Subscription located inside the Summary Box near the top right of your member page.
- Next click the "Options" tab (at the top next to Shares) and select the number of egg dozens desired and your corresponding csa delivery schedule.

Eggs will be located in a box at your pick up location **separate** from your veggie box. Please only take eggs if they are listed next to your name on the sign in sheet. Each egg dozen will be labeled with the member's name that they belong to. Please pay attention at pick up time and do not take eggs unless they have your name on them. If there is a problem with your subscription, or there has been some kind of mix up contact the office right away. Enjoy!

Check payment for February Deliveries is due by January 31st:

Tuesdays: \$96
Wednesdays: \$96
Thursdays: \$96
Fridays: \$96
Saturdays: \$96

Thank you for your payment if already sent!

Quarterly Payment Schedule:

1st Quarter
January/February/March
\$312
2nd Quarter
April/May/June
\$312
3rd Quarter
July/August/September
\$312
4th Quarter
October/November/December
\$288

Annual Payment

\$1,176
(This amount includes 2 free boxes!)

To view the 2018 payment schedule visit:
[2018 Payment Schedule](#)

Wow, we are thankful for an abundance of broccoli this time of year, though are aware it can be overwhelming for some. Follow this link to Bon Appetite's list of original and inspiring broccoli recipes:

<https://www.bonappetit.com/recipes/slideshow/broccoli-recipes>

Grilled Broccoli and Arugula Salad

From: <https://www.bonappetit.com/recipe/grilled-broccoli-and-arugula-salad>

Ingredients

2 heads of broccoli, florets separated, stems peeled and reserved

Kosher salt

3 tablespoons olive oil

1 oil-packed anchovy fillet

1 garlic clove

¾ cup mayonnaise

¼ cup buttermilk

1 cup chervil with tender sprigs

1 cup tarragon leaves

¼ cup chopped chives

2 tablespoons fresh lemon juice

1½ teaspoons Dijon mustard

3 cups mature arugula, tough stems removed, leaves torn

3½ ounces smoked cheddar, grated

Preparation

-Cook broccoli in a large pot of boiling salted water until bright green and crisp-tender, about 2 minutes. Drain; transfer to a bowl of ice water. Let cool, then drain. Pat broccoli dry; place in a large bowl.

-Prepare a grill for medium-high heat. Drizzle broccoli with oil and toss to coat; season with salt. Grill broccoli, turning occasionally, until charred in spots, 5–7 minutes. Return to bowl and let cool, tossing occasionally.

-Purée anchovy, garlic, mayonnaise, buttermilk, chervil, tarragon, chives, lemon juice, and mustard in a blender until smooth; season dressing with salt.

-Add arugula to broccoli and toss to combine. Drizzle salad with ¾ cup dressing and toss to coat; season with more salt if needed.

-Arrange salad on a platter and top with cheddar.

Do Ahead: Dressing can be made 2 days ahead. Cover and chill.

CURRIED POTATO AND LEEK SOUP WITH SPINACH

FROM:

[HTTPS://WWW.EPICURIOUS.COM/RECIPES/FOOD/VIEWS/CURRIED-POTATO-AND-LEEK-SOUP-WITH-SPINACH-14480](https://www.epicurious.com/recipes/food/views/curried-potato-and-leek-soup-with-spinach-14480)

Ingredients

2 medium leeks (white and pale green parts only)

1 medium boiling potato such as Yukon Gold

1 tablespoon unsalted butter

1/2 teaspoon curry powder

2 cups water

1 cup packed spinach leaves

1/2 cup milk

Preparation

Halve leeks lengthwise and cut enough crosswise into 1/4-inch pieces to measure 2 cups. In a bowl of cold water wash leeks well and lift from water into a sieve to drain.

Peel potato and cut enough into 1/4-inch pieces to measure 1 cup. In a 1 1/2-quart saucepan cook leeks and potato in butter with curry powder over moderate heat, stirring, 5 minutes. Stir in 2 cups water and simmer, uncovered, 20 minutes.

While soup is cooking, cut spinach into thin strips. In a blender purée soup until completely smooth (use caution when blending hot liquids) and return to pan. Add milk and salt and pepper to taste and bring to a simmer. Remove pan from heat and stir in spinach.

Parmesan Chicken with Caesar Roasted Romaine

From: <https://www.bonappetit.com/recipe/parmesan-chicken-caesar-roasted-romaine>

Ingredients

4 7-ounce skinless, boneless chicken breasts

Kosher salt, freshly ground pepper

1/2 cup grated Parmesan, Pecorino, or Asiago cheese (about 1 1/2 ounces)

1/2 cup panko (Japanese breadcrumbs)

3 tablespoons extra-virgin olive oil, divided

2 tablespoons chopped flat-leaf parsley

2 garlic cloves, chopped, divided

2 large hearts of romaine, halved lengthwise

4 anchovy fillets packed in oil, drained, chopped

1 lemon, cut into 8 wedges

Preparation

-Preheat oven to 450°. Line a large rimmed baking sheet with foil. Season chicken with salt and pepper; place on prepared sheet. Combine cheese, panko, 2 Tbsp. oil, parsley, and 1 garlic clove in a medium bowl; season with salt and pepper. Pat panko mixture onto breasts. Roast chicken until crumbs begin to turn golden, about 10 minutes.

-Drizzle romaine with 1 Tbsp. oil and sprinkle with remaining 1 chopped garlic clove. Season with salt and pepper. Remove sheet from oven; place romaine around chicken. Roast until chicken is cooked through and lettuce is browned at edges, about 5 minutes. Divide among plates. Top lettuce with anchovies; garnish with lemon wedges for squeezing over.

Broiled Citrus

From: <https://www.epicurious.com/expert-advice/how-to-roast-lemons-oranges-grapefruit-recipe-article>

Pre-heat your oven to 425°F. Don't peel the citrus; just slice it thinly (about 1/8" thick). Arrange the slices on a sheet tray lined with parchment paper or a silicon mat, and slide into the oven. Roast until the sugars within the fruit seep out and caramelize along the fruit's edges—10 to 15 minutes. Don't be shy about a bit of burning—it only adds more flavor. Finish with a few seconds under a broiler.