



Riverdog Farm

February 5, 2018

Riverdog Farm Veggie Box News

Box Contents:

2 lbs. Blue Heron Navel Oranges
¾ lb. Little Gem Lettuce
½ lb. Romanesco
1 bu. Red Chard
1 hd. Napa Cabbage
1 lb. Leeks
1 Spaghetti Squash

Box Notes: Romanesco, a feast for the senses is a vivid green color and boasts fractal patterns that wow all that see them, it is a farmer's market favorite and kids love it. The flavor is similar to cauliflower, delicate and nutty. The texture of Romanesco is crunchy and holds its shape and chartreuse color when cooked. Use in place of any of cauliflower or broccoli in your favorite recipes. Please note we have been struggling with aphids in our brassica crops lately, so if you see any small bugs near the stalk, don't worry they wash off easily.

We are nearing the end of our winter squash storage. Winter squash may not last as long at room temperature as they did in the late months of fall. Use them soon, or store in the refrigerator.

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](#)

The navel oranges are from Blue Heron Farm in Rumsey. They are CCOF certified organic. **Correction: We will include oranges in the weekly veggie boxes through the middle of February.** This year Blue Heron's citrus yield was lower than last year, tho the fruits themselves were larger. Making for a shorter harvest season than usual. Blue Heron Oranges are now available for purchase in 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>.

Capay Valley Almond Festival Sunday February 25, 2018

A 6 hamlet celebration of the almond blossom season in the Capay Valley. Starting in Madison, driving along State Route 16, going about 20 miles up to Rumsey, you can view the orchards in bloom and stop to enjoy the music and food along the way. The Rumsey Hall, a historic community hall built in 1906 at the northern end of the valley, serves wood-fired pizza, pork sliders and beer and features live music.

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.

PASTA WITH ROASTED ROMANESCO AND CAPERS

FROM: [HTTPS://WWW.EPICURIOUS.COM/RECIPES](https://www.epicurious.com/recipes)

INGREDIENTS

1/4 cup chopped almonds
1/4 cup plus 3 tablespoons olive oil; plus more for drizzling
2 tablespoons drained capers, patted dry, divided
Kosher salt
1/2 medium romanesco or cauliflower, cut into small florets
8 garlic cloves, very thinly sliced
1/2 teaspoon crushed red pepper flakes, plus more for serving
1/2 cup dry white wine
12 ounces lumaconi or other medium shell pasta
2 ounces aged Asiago cheese or Pecorino, finely grated
2 tablespoons unsalted butter

PREPARATION

Preheat oven to 425°F. Cook almonds, 1/4 cup oil, and 1 Tbsp. capers in a small saucepan over medium-low heat, swirling pan occasionally, until capers burst and almonds are golden brown and smell toasty, about 5 minutes. Transfer almonds and capers with a slotted spoon to a small bowl; season with salt. Let cool. Toss romanesco with oil from saucepan on a rimmed baking sheet; season with salt. Roast, tossing halfway through, until golden brown and tender, 20–25 minutes.

Meanwhile, heat 3 Tbsp. oil in a large Dutch oven or other heavy pot over medium-high. Add garlic, 1/2 tsp. red pepper flakes, and remaining 1 Tbsp. capers and cook, stirring often, until garlic is golden, about 3 minutes. Add wine and cook until liquid is almost completely evaporated, about 2 minutes.

Cook pasta in a large pot of boiling salted water, stirring occasionally, until very al dente, about 3 minutes less than package directions.

Using a spider or a slotted spoon, transfer pasta to pot with garlic; add 1 cup pasta cooking liquid. Reduce heat to medium and cook, tossing often, until pasta is al dente and liquid is slightly thickened, about 3 minutes. Add 1/4 cup pasta cooking liquid, then gradually add cheese, tossing until melted and dissolved into a luxurious, glossy sauce. Remove from heat; add butter and toss to combine. Toss in romanesco.

Divide pasta among bowls. Top with fried almonds and capers and more red pepper flakes and drizzle with oil.

Lentils with Cucumbers, Chard, and Poached Egg

From: <https://www.bonappetit.com/recipe>

Ingredients

1 Tablespoon white vinegar
4 large eggs
2 cups cooked black lentils or chickpeas (from about 1 cup dried)
2 Scallions, thinly sliced
2 Tablespoons coarse chopped dill, plus small sprigs for

serving
1 teaspoon finely grated lemon zest
2 tablespoon fresh lemon juice, divided
Salt and pepper to taste
2 small cucumbers (RDF seasonal suggestion: use purple daikon, water melon radish as a seasonal substitution)
1 tablespoon za'atar
1 tablespoon olive oil
1 bunch large Swiss chard cut into 2 inch pieces
1 garlic clove, finely grated (optional)

Preparation

Bring about 2" water to a boil in a large saucepan; reduce heat so water is at a gentle simmer and add vinegar, which helps the whites coagulate. Crack an egg into a small bowl, then gently slide it into water. Repeat with remaining eggs, waiting until whites are starting to set before adding the next one (about 30 seconds apart). After about 3 minutes, whites should be set and yolks still runny. Using a slotted spoon, transfer eggs to paper towels as they are done.

Combine lentils, scallions, dill, lemon zest, and 1 Tbsp. lemon juice in a medium bowl; season with salt and pepper.

Toss cucumbers with 1 Tbsp. za'atar and remaining 1 Tbsp. lemon juice in a small bowl; season with salt and pepper.

Heat oil in a medium skillet over medium. Add Swiss chard by the handful, tossing and letting it cook down a bit before adding more, and cook until tender; season with salt and pepper. Stir in garlic, if using, and set aside.

Divide lentils among bowls and top each with some chard, cucumbers, a few dill sprigs, and a poached egg. Sprinkle with more za'atar.

Tim's Napa Cabbage Salad

Tim, one of the two partners of Riverdog Farm says his household goes through 2 Napa Cabbages a week using this salad! It is perfect for this beautiful spring weather. Simple and refreshing.

Ingredients

1 large head Napa cabbage (or 2 small heads)
1/3 cup rice wine vinegar
1 tablespoon sesame oil
Salt and pepper to taste
Optional additions: sultanas, shallot, green garlic, scallions, almonds, thinly sliced purple daikon or watermelon radish, shredded carrots or apple.

Instructions

Thinly slice whole head of Napa cabbage. Add vinegar, oil, salt and pepper and any additional goodies to bowl. Mix well. Allow salad to sit covered for 2- 5 hours refrigerated. This salad can be enjoyed for 1-2 days after making. The flavors continue to develop with time as the vinegar works it's magic. Enjoy!