



Riverdog Farm

January 18, 2016

# Riverdog Farm Veggie Box News

## Box Contents

2 lbs Blue Heron Oranges  
1 Butternut Squash  
1 lb Broccoli  
½ lb Arugula  
1 bu Scarlet Queen Turnips  
1 lb Bok Choi  
1 hd Cauliflower  
1 bu Fennel

## Box Notes

The oranges are from Blue Heron Farm in Rumsey and are certified organically grown. We are pleased to offer the first cauliflower of the season in this week's veggie boxes! We had it at our farmer's market in Berkeley on Saturday and it was a main attraction. The cauliflower leaves are edible too! Steam or sauté the leaves like any other bunched green. Like the cauliflower, they are surprising sweet, especially after being frost-kissed! The broccoli leaves are also edible, that's why we "leave" some on the stalk for you to enjoy.

## Field Notes

The recent weather event (this weekend) added 2 whole inches to the rainfall tally this winter! The soil is getting a good soak and with the snow pack at 150% of it's average for this time of year, the moisture levels are looking quite robust for northern California. Once again the greenhouses are full of transplants: chard, kale, lettuce, and fennel. To view photos of the farm, updated weekly, follow us on Instagram: riverdogfarm.

## Save the Date:

### 101<sup>st</sup> Annual Almond Festival

Sunday February 28, 2016

### All Day Event

Each small community in the Capay Valley offers something of interest: Esparto has the "Books in Bloom" book sale at the Esparto Library, Capay has live music at the Road Trip, Guinda has a petting zoo and crafts at the Grange Hall, and then Rumsey, the last hamlet at the north end of the valley, has...not to miss:

Wood-fired Pizza, Beer, Silent Auction for the Rumsey Hall with over 30 local items including wine, olive oil and books by local authors, baked goods, and crafts at the Historic Rumsey Hall located at 14380 Manzanita Avenue Rumsey, CA 95679. This is a fun way to tour and support the rural region of the beautiful Capay Valley during the beginning of springtime.

**Payment of \$96 for the January deliveries is now due. Thank you for your payment if already sent!**

## Quarterly Payment Schedule

### First Quarter:

Tuesday/Wednesday/Thursday

Subscribers: \$312

Friday Subscribers: \$288

## Annual Payment for 2016 is \$1152

Receive 2 free boxes with an annual payment.

<http://riverdogfarmcsa.blogspot.com/2015/12/2016-csa-veggie-box-payments.html>

## Smoked Ham for Easter?!!

It may seem too soon to be taking pre-orders for Easter Hams, however Easter is early this year March 27<sup>th</sup>, 2016.

We sold out of Smoked Hams for Christmas and would like to be sure we have enough hams for those who would like one for Easter. We will take orders for ham up until the 4<sup>th</sup> of March. Email [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com) to place your order!

## Parmesan Roasted Cauliflower

From:

<http://www.epicurious.com/recipes/food/views/parmesan-roasted-cauliflower-511430201> head cauliflower

1 sliced medium onion  
4 thyme sprigs  
4 unpeeled garlic cloves  
3 tablespoons olive oil  
Kosher salt  
Freshly ground black pepper  
1/2 cup grated Parmesan

Preheat oven to 425°F. Cut 1 head cauliflower into florets; toss on a large rimmed baking sheet with 1 sliced medium onion, 4 thyme sprigs, 4 unpeeled garlic cloves, and 3 tablespoons olive oil; season with kosher salt and freshly ground black pepper. Roast, tossing occasionally, until almost tender, 35-40 minutes.

## Arugula, Fennel, and Orange Salad

From: <http://www.williams-sonoma.com/recipe/arugula-fennel-and-orange-salad.html>

Ingredients:

For the citrus vinaigrette:

1/4 cup fresh orange juice  
2 Tbs. fresh lemon juice  
2 tsp. grated orange zest  
2 Tbs. extra-virgin olive oil  
2 Tbs. canola oil  
2 tsp. Dijon mustard  
1/2 tsp. dried tarragon  
1 shallot, chopped  
Salt and freshly ground pepper, to taste  
1 large fennel bulb  
3 large navel oranges  
4 cups arugula

Directions:

To make the vinaigrette, in a small bowl, whisk together the orange juice, lemon juice, orange zest, olive oil, canola oil, mustard, tarragon and shallot. Season with salt and pepper. Set aside.

Cut off the stems and feathery fronds of the fennel bulb and remove any bruised or discolored outer layers. Cut the bulb in half lengthwise and cut out any tough core parts. Cut the bulb halves crosswise into slices 3/8 inch thick and then cut the slices into 1-inch lengths.

Working with 1 orange at a time, and using a sharp knife, cut a slice off both ends of the orange to reveal the flesh. Stand the orange upright on a cutting board and thickly slice off the peel and pith in strips, following the contour of the fruit. Cut the orange in half crosswise, place each half

cut side down, and thinly slice vertically to create rain-moons. Repeat with the remaining oranges.

Place the fennel and arugula in a large serving bowl, add half of the vinaigrette and toss gently to coat thoroughly. Arrange the orange slices in a pinwheel or other design on top. Drizzle with the remaining vinaigrette and serve immediately. Serves 8 to 10.

## Chicken Noodle Soup with Baby Bok Choy and Shiitake

From: <http://www.finecooking.com/recipes/chicken-noodle-soup-baby-bok-choy-shiitake.aspx>

1-1/2 Tbs. canola oil  
4 cups diced (1/4-inch) carrot  
2-inch piece fresh ginger, peeled and thinly sliced  
1 or 2 fresh Thai bird chiles, cut into disks  
Kosher salt  
3 quarts [Homemade Chicken Broth](#) or lower-salt chicken broth  
3-1/2 to 4 cups shredded, cooked chicken  
5 cups cooked-until-barely-tender ramen noodles, rinsed  
1/2 lb. baby bok choy, thinly sliced  
8 oz. shiitake mushrooms, stemmed and sliced  
1 to 3 Tbs. soy sauce  
1 tsp. to 2 Tbs. white vinegar  
1 tsp. to 2 Tbs. brown sugar  
1/2 tsp. to 1 Tbs. sesame oil

Freshly ground black pepper  
1/2 cup thinly sliced scallions for serving (optional)

TIP:

If you made the chicken broth yourself, use the cooked meat from that bird; otherwise you can use the meat from a store-bought rotisserie chicken.

Heat the oil over medium-high heat in a large (at least 8-quart), heavy-duty pot or Dutch oven. Add the carrot, ginger, Thai bird chile, and 1/2 Tbs. salt. Cook, stirring occasionally, until the vegetables are softened and lightly browned in places, 4 to 6 minutes.

Add the broth and bring to a boil. Reduce to a simmer and cook, stirring, until the vegetables are completely tender, 20 to 30 minutes

Stir in the reserved shredded chicken, ramen noodles, bok choy, and mushrooms. Simmer, stirring occasionally, until all are tender and the flavors meld, 10 to 15 minutes.

Stir in 1 Tbs. of the soy sauce, 1 tsp. of the vinegar, 1 tsp. of the sugar, and 1/2 tsp. of the sesame oil. Taste, and add more soy sauce, vinegar, sugar, and sesame oil, a little at a time, until the soup has a nicely balanced flavor. Season with salt and pepper to taste. Garnish each bowl with a 1 Tbs. of the scallions, if you like.