



Riverdog Farm

February 1, 2016

# Riverdog Farm Veggie Box News

## Box Contents

2 lbs Blue Heron Oranges  
1 bu Spinach  
1 bu Collard Greens  
½ lb Romanesco  
2/3 lb Cauliflower  
1 bu Red Beets  
1 lb Leeks  
½ lb German Butterball Potatoes

## Box Notes

The oranges are from Blue Heron Farm in Rumsey and are certified organically grown. Romanesco, as described by specialtyproduce.com, is “a unique Italian variety of broccoli of the genus Brassica oleracea, producing a yellowish-green dense head that forms an unusual spiral pattern. Maturing about seventy-five to one hundred days after planting depending on variety, romanesco develops multiple compact heads that may be individually snapped off as needed”.

Ideas on how to prepare Romanesco from:

<http://www.bonappetit.com/test-kitchen/ingredients/article/from-the-market-romanesco>.

“Just like broccoli, romanesco can take you a long way from the crudité tray. Here are some ways...to prepare it:

- Blanch the florets and then shock in an ice bath to lock in that vibrant color. (They'll become muted if you skip the shocking step.) Add the pre-cooked romanesco to salads, veggie trays, or even [cold noodle dishes](#).
- It goes very well with pasta. Keep it simple with a hard, aged cheese and olive oil, or get fancy with something more saucy and complicated.
- Try it roasted or sautéed in olive oil with onions and garlic. Serve it on a sausage sandwich or an Italian sub. Don't be afraid of getting a little char on the veggie; it can stand up to the flavor.
- Break it into florets and pickle them with garlic.”

## Field Notes

We are expecting drier sunny weather this week with rainfall possible on Thursday. The greenhouses are full to the gills with seedlings. We are filling trays with seeds and cycling full size transplants out of the greenhouse onto tables outside to harden, which is a step necessary to help the transplants adapt to outdoor conditions. When the next dry window happens, when the soil is actually dry enough for the rototiller to prepare the beds in the field, there will be a transplanting frenzy. Last year, since it was dry most of the spring, we planted crops each week. This year will be different; we'll be squeezing in planting moments each chance we get.

## 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!

**Payment of \$96 for the February deliveries is due by Feb 1. Thank you for your payment if already sent!**

**Quarterly Payment Schedule**  
**First Quarter:**  
**Tuesday/Wednesday/Thursday Subscribers: \$312**  
**Friday Subscribers: \$288**

**For the 2016 delivery schedule**  
<http://riverdogfarmcsa.blogspot.com/2015/12/2016-csa-veggie-box-payments.html>

## 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.

## Whole Roasted Romanesco with Lemon, Garlic, and Thyme

From: <http://www.landeeseelandeedo.com/recipe/whole-roasted-romanesco-with-lemon-garlic-and-thyme>

1 head romanesco  
1 1/2 tbsp extra virgin olive oil  
1 medium lemon  
zest from 1/2 lemon  
2 cloves garlic, crushed  
1/2 tsp fresh thyme, minced  
1 medium shallot, sliced  
3 sprigs fresh thyme  
generous sprinkle salt and pepper  
1/8 tsp crushed red pepper flakes (optional)  
1/8 cup Parmesan (optional)

Pre-heat oven to 375 degrees F. Trim the romanesco's stem and leaves, then lay flat on a rimmed baking sheet. Tuck shallot slices and springs of thyme underneath the romanesco.

Drizzle or brush olive oil over the head of romanesco, then rub the crushed garlic and lemon zest over it with your fingers. Squeeze juice from half of a lemon over top, then season generously with salt and pepper. If a little heat is desired, add 1/8 to 1/4 teaspoon of crushed red pepper flakes.

Cook in the center of the oven for 40-50 minutes, until golden brown and softened (you can cook longer if you want the romanesco more tender). Remove from oven and squeeze juice from remaining lemon half over the romanesco. If desired, sprinkle freshly grated Parmesan cheese on top.

To serve, slice romanesco like a cake into generous wedges. Garnish with additional cheese, if desired. Option to pair with aioli, marinara sauce, or your favorite dipping sauce.

## Soul Food Collard Greens

From: <http://divascancook.com/soul-food-collard-greens-recipe-southern/>

### Ingredients

1 tablespoon olive oil  
1 small white onion, finely diced  
3 cloves garlic, minced  
3 cups chicken broth  
1 teaspoon red pepper flakes  
1 large smoked turkey leg (fully cooked)  
32 oz. collard greens, thoroughly washed and cut into strips.  
salt & pepper  
hot sauce

### Instructions

In a large deep skillet or pot, heat olive oil on medium heat.  
Add in onions and cook until tender.  
Stir in garlic and cook until fragrant.  
Add chicken broth, red pepper flakes and smoked turkey.  
Bring to a boil and reduce heat.  
Cover and boil lightly for about 20-30 minutes.  
Remove turkey leg and let cool.  
Remove meat from bone and cut into bite-size pieces.  
Return meat and skin back to the pot.  
Simmer for 10 minutes.  
Add collard greens to pot, pushing them down if needed.  
When greens begin to wilt down, cover and simmer for up to 60 minutes or until your desired texture is reached, stirring occasionally.  
Add salt and pepper if desired.  
Plate the greens and pour on a few drops of hot sauce.  
Serve hot.

Here are a handful of recipe links featuring spinach:

<http://cooking.nytimes.com/recipes/1014523-mushroom-and-spinach-frittata>.

[http://www.simplyrecipes.com/recipes/spinach\\_frittata/](http://www.simplyrecipes.com/recipes/spinach_frittata/).

<http://allrecipes.com/recipe/47044/spinach-and-potato-frittata/>.

<http://www.loveandlemons.com/spinach-frittata/>.