



Riverdog Farm

February 29, 2016

Riverdog Farm Veggie Box News

Box Contents

2 lbs Blue Heron Oranges
1 bu Green Garlic
1 hd Fennel
1 pc Butternut
1 bu Green Dandelion
1 lb Leeks
1 bu Rainbow Chard
½ lb Braising Mix

Payment for the March deliveries is due by March 1.

Wednesdays: \$120

Thursdays: \$120

Fridays: \$96

Thank you for your payment if already sent!

Quarterly Payment Schedule

2nd Quarter April/May/June:

Tuesday/Wednesday/Thursday/

Friday Subscribers: \$312

For the 2016 delivery schedule

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

Smoked Ham for Springtime!

Our hams are smoked in Ft. Bragg by Roundman's Smokehouse.

Their motto is: "We'll smoke anything". The tenderness of the Riverdog pork combined with Roundman's smokehouse flavors make the most delicious ham.

Place your orders for spring ham before March 4, 2016. Email csa@riverdogfarm.com to place your order!

Box Notes

The oranges are from Blue Heron Farm in Rumsey and are CCOF-certified organic. Leek season is almost over, there are only a few weeks left so enjoy them while they're here! As a member of the allium plant family, leeks can be used anywhere you would use onions and garlic. They impart a subtle, delicious flavor to most savory dishes including roasts, frittatas, soups, pizza, and veggie sautés.

Field Notes

During this dry spell, we are planting like crazy. Last week, we transplanted kale, cabbage, and fennel yet the greenhouse is now filled again with beautiful tomato starts in varying stages of growth! This week we'll transplant chard and the second round of onions. On Saturday, we planted the potatoes. The stone fruit orchards are in varying stages of bloom. The June Pride peaches are in full bloom this week, loaded with pink blossoms drawing the attention of the busy pollinating bees. This week we hope to seed safflower that we grow as a feed crop for our pastured chickens and pigs.

In addition to growing the grain for livestock feed, we've been selling some of our grain crop to a new mill in the valley called Capay Mills. Capay Mills turns the whole grain into flour and sells it to a bakery called *Pain* located in San Mateo. It's the best freshly baked bread around! To learn more about the bakery and the mill visit:

<http://www.painbakery.com/> and <http://www.capaymills.com/#capay-mills>.

This year, the Capay Mills will be growing some flint corn to mill into polenta. We're looking forward to tasting the polenta! The freshly ground grain (mainly ancient varieties of wheat) is available at Bi-Rite, the Davis Food Co-op and at the Temescal Farmers' Market in the Rockridge neighborhood of Oakland.

Our local Almond Festival event drew thousands of visitors! At the historic Rumsey Hall in the northern most hamlet of the valley, we sold out of pulled pork sliders and wood-fired pizzas by 2 pm. We'll plan to feed more next year as this is the community hall's biggest fundraiser of the year, bringing in over \$12,000 to support the hall and the community events that have been happening there since 1903.

Dandelion Greens with Double Garlic

From: <http://markbittman.com/dandelion-greens-with-double-garlic/>.

Makes: 4 servings

Time: 15 minutes

The first measure of garlic mellows as it cooks with the greens; it's the second that adds a real kick. Substitute minced ginger for the second addition of garlic if you like.

Other vegetables you can use: broccoli raab, gai lan, beet greens, turnip greens, chard, bok choy, tatsoi, kale or collards (separate thick stems as needed), cabbage, or spinach. The recipe is from [How to Cook Everything](#).

1/4 cup extra virgin olive oil

1/4 cup thinly sliced garlic (5 or 6 cloves), plus

1 teaspoon minced garlic, or more to taste

1/2 teaspoon hot red pepper flakes, or to taste

Salt and freshly ground black pepper

1 pound dandelion greens with stems, well washed and roughly chopped

1/2 cup chicken, beef, or vegetable stock

Lemon wedges for serving

1. Put the olive oil in a large, deep saucepan with a lid over medium-high heat. When hot, add the sliced garlic, pepper flakes, and some salt and black pepper and cook for about 1 minute.

2. Add the greens and stock. Cover and cook until the greens are wilted and just tender but still a little firm, about 5 minutes.

3. Uncover the pan and continue to cook, stirring, until the liquid has all but evaporated and the greens are quite tender, at least 5 minutes more. Taste for seasoning and add red or black pepper and salt as needed; add the minced garlic, cook for 1 minute more, and serve hot, warm, or at room temperature, with lemon wedges.

Dandelion Greens with Capers. Reduce the sliced garlic by half and eliminate the pepper flakes and minced garlic. In Step 2, after the greens wilt, stir in 2 tablespoons drained capers. Drizzle with red or white wine vinegar and omit the lemon wedges.

Dandelion Greens with Currants and Pine Nuts

From: <http://www.sunset.com/food-wine/kitchen-assistant/dandelion-greens-recipes>

The grocery variety (an Italian chicory) is milder than the more minerally garden weed. Either way, look for young, tender leaves.

Like other leafy greens, dandelion greens are an outstanding source of vitamins A and K. To tame the greens' natural bitterness, cook them with dried fruit, toasted nuts, and olive or nut oil.

Here's a 15-minute recipe:

Dandelion Greens with Currants and Pine Nuts

Serves 6

Ingredients:

- About 2 tbsp. extra-virgin olive oil, divided

- 1 garlic clove, finely chopped
- 1 lb. dandelion greens, ends trimmed, roughly chopped (about 2½ qts.)
- 1/8 tsp. each kosher salt and freshly ground black pepper
- 3 tbsp. each dried currants and toasted pine nuts
- Lemon wedges (optional)

1. Heat 1 tbsp. oil in a large nonstick frying pan over medium heat. Add garlic and cook until fragrant, stirring, about 30 seconds.

2. Add dandelion greens in batches, turning frequently with tongs. Increase heat to medium-high, sprinkle with salt and pepper, and continue to cook, turning with tongs, until greens are wilted and tender-crisp, about 5 minutes.

3. Add currants and pine nuts and cook 1 minute more. Transfer to a serving dish and drizzle with about 1 tbsp. more oil. Serve with a squeeze of lemon if you like.

Per serving: 113 Cal., 62% (70 cal.) from fat; 2.7 g protein; 7.9 g fat (1 g sat.); 11 g carbo (2.9 g fiber); 96 mg sodium; 0 mg chol.

3 more ways with dandelion greens:

1. Sauté with spinach and layer into your favorite [vegetarian lasagna](#).

Citrus Fennel and Avocado Salad

From: <http://www.foodiecrush.com/citrus-fennel-and-avocado-salad/>

Ingredients

An assortment of citrus, totaling about 2½ to 3 pounds

3 navel oranges

3 cara cara oranges

2 minneola oranges

3 mandarin oranges

1 blood orange

½ fennel bulb, very thinly sliced

1 avocado, peeled, pitted and sliced

½ shallot, peeled and very thinly sliced

⅓ cup extra virgin olive oil

2 tablespoons champagne vinegar

1 tablespoon honey

kosher salt and freshly cracked black pepper

¼ cup mint leaves

Reserved fennel fronds

Instructions

1. Slice the peels off of the citrus and place in a bowl or on a serving plate. Layer with thinly slivered fennel slices. Add avocado slices and shallot slivers.

2. In a small bowl, slowly whisk the olive oil into the champagne vinegar until emulsified. Add the honey and whisk to mix. Season with kosher salt and pepper.

3. Pour dressing over the salad and season with more kosher salt and freshly ground pepper. Top with reserved fennel fronds and mint leaves.