



Riverdog Farm

March 12, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

¾ lb. Baby Arugula  
1 bu. Yellow Carrots  
1 bu. Chioggia Beets  
1 bu Green Garlic  
1 lb. Purple Top Turnips  
2 hds. Napa Cabbage  
2 hds. Batavia Lettuce  
1 lb. Leeks

## Check payment for April Deliveries is due by March 31<sup>st</sup>:

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

## Thank you for your payment if already sent!

## Quarterly Payment Schedule:

**2<sup>nd</sup> Quarter**  
April/May/June  
\$312  
**3<sup>rd</sup> Quarter**  
July/August/September  
\$312  
**4<sup>th</sup> 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](#)

**Box Notes:** Spring is in the air around here! The native redbud that grows along the roads, field edges and in the hills is in full magenta bloom, the wild plums are showing their white flowers and the stone fruit orchards (apricots, peaches and plums) are revealing their pink and fuchsia blossoms. And the birds are chirping and singing, actively making their nests, feeding their offspring, and taking baths in any puddle they can find. The spring crops are making their appearance too: a new crop of arugula, green garlic harvested before the bulb divides into cloves, and lettuce for refreshing salads, all scrumptious produce to make your eating experience delightful. The Napa cabbage is a quenching leafy green that makes great kimchi. When salt is added to the cabbage, the juices come out of the leaves creating a salt water bath for the leaves to ferment in. Add thinly sliced carrots, thinly slice beets, onions, whole chili peppers and green garlic to create a fabulous pickled vegetable side that can age in your refrigerator for weeks. For kimchi recipe ideas try:

<https://www.thekitchn.com/how-to-make-easy-kimchi-at-home-189390>.

**Field Notes:** Rain is expected this week – hooray! We've had a cloudy, humid Monday that feels like rain is coming. Steady rain for the rest of this month may bring the Clear Lake water level to the point where water can be released to Cache Creek to assist farmers with their summer irrigation needs. We need at least 2 more inches of rain to bring the lake's water level high enough for the Yolo Water Conservation and Flood District to plan the releases.

## Spring Hams now available in the web-store!

A pasture raised ham is the simplest way to please an Easter crowd. Cote the ham in a citrus glaze, loosely cover with foil and heat. Our hams are bone in, smoked and cured to perfection by Roundsman's Smokehouse in Fort Bragg. Limited availability. Hams are \$11/lb. range from 5-9 lbs. and ship frozen. When shopping the web store, keep in mind you order will ship with the next scheduled delivery. Follow this link:

<https://csa.farmigo.com/store/riverdogfarmcsa> to purchase your spring ham. When ordering please select the number of pounds you would like your ham to weigh and we will choose a ham as close to that weight as possible.

The next food-focused festival in Yolo County is the **California Honey Festival** in Woodland, on Saturday May 5, 2018 from 10 am to 5 pm. For more information visit: <https://californiahoneyfestival.com>.

## ARUGULA AND ROASTED CHICKPEA SALAD WITH FETA

FROM: [HTTPS://WWW.BONAPPETIT.COM](https://www.bonappetit.com)

### INGREDIENTS

- 1- 12oz can chickpeas, rinsed, drained, divided
- 5 tablespoons olive oil, divided
- Kosher salt and pepper
- 1 tablespoon lemon juice
- 2 teaspoons dried mint
- 1 teaspoon red wine vinegar
- 5 ounces arugula (RDF suggestion: Sub Batavia if you would like to use your arugula to make pesto.)
- ¼ cup fresh mint
- ¼ cup thinly sliced red onions
- 3 ounces feta cheese, crumbled

### RECIPE PREPARATION

- Preheat oven to 400°. Place half of chickpeas on a rimmed baking sheet, drizzle with 2 Tbsp. oil, and toss to coat. Season with salt and pepper. Roast until chickpeas are golden brown and crispy, 20–23 minutes. Let cool; set aside.
- Whisk remaining 3 Tbsp. oil, 1 Tbsp. lemon juice, dried mint, and vinegar in a small bowl. Season vinaigrette with salt, pepper, and more lemon juice, if desired.
- Combine remaining chickpeas, arugula, fresh mint, and onion in a large bowl. Drizzle vinaigrette over and season with salt and pepper; gently toss to coat. Divide salad among plates or bowls. Garnish with reserved roasted chickpeas and feta.

## ARUGULA PESTO

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

### INGREDIENTS

- 1/2 cup walnut pieces
- 1 garlic clove, minced
- 2 cups packed arugula leaves
- 1/2 cup freshly grated Parmesan cheese
- Kosher salt
- 1 cup (8 fl oz/250 ml) extra-virgin olive oil

### PREPERATION

In a food processor, combine the walnuts, garlic, arugula, Parmesan, and 1 tsp salt and pulse to blend. With the machine running, pour in the olive oil through the food tube in a slow, steady stream and process until smooth, stopping to scrape down the sides of the bowl as needed. Taste and adjust the seasonings.

## BROWN BUTTER LEEK AND TURNIP SOUP

FROM: <https://brooklynsupper.com>

A play on a classic potato leek soup, this soup subs peppery, earthy turnips for potatoes. Brown butter lends a depth to this turnip soup, while supple leeks, red pepper flakes, and fresh ground pepper lend balance.

### INGREDIENTS

- 6 tablespoons unsalted butter
- 2 medium leeks
- 1/2 teaspoon sea salt
- 1/2 teaspoon fresh ground pepper
- 1/2 teaspoon red pepper flakes
- 5 cups chopped turnips, from 3 medium turnips, peeled
- 1 quart chicken or vegetable broth
- 1 tablespoon minced parsley (optional)
- 1 tablespoon minced chives (optional)

### INSTRUCTIONS

- Melt butter in a large stock pot or Dutch over medium heat. Stirring frequently, cook butter to deep golden brown hue with

brown flecks that settle to the bottom, 7 - 10 minutes. Keep a close eye after the 5-minute mark, as butter can go from golden to burnt in the blink of an eye; edge heat lower if butter is browning too quickly.

-Meanwhile, chop the light green and white parts of the leeks (discard the dark green tops). If they appear sandy, rinse chopped leeks in a colander and tap to dry. Add leeks, sea salt, pepper, and red pepper flakes to brown butter. Cook until leeks are translucent and melt into the butter, about 10 minutes. Fold in turnips and cook 10 minutes more, or until turnips have softened and have golden edges. Pour in broth and bring soup to a boil. Lower heat and simmer until turnips are quite tender, about 20 minutes.

-Working carefully, puree soup in batches. Reheat pureed soup over medium-low heat, stirring often. As soup reheats, taste and add sea salt and black pepper to taste.

-Ladle into bowls and garnish with minced parsley and chives.

## STIR-FRIED BEET GREENS, TOFU AND BEETS

FROM: <http://www.nytimes.com>

### INGREDIENTS

- 1/2 teaspoon sugar
- 1/4 to 1/2 teaspoon salt (to taste)
- 1 tablespoon soy sauce
- 2 teaspoons dry sherry
- 2 teaspoons sesame oil
- 1 tablespoon grapeseed oil, sunflower oil or peanut oil
- 6 ounces firm tofu, diced (1 cup)
- 2 teaspoons minced garlic (RDF substitution: 3 stalks green garlic)
- 1 tablespoon minced fresh ginger
- 2 large or 4 small beets (1/2 pound), peeled and cut in 2-inch julienne (about 2 heaped cups julienne)
- RDF addition: 4-5 yellow carrots, peeled and sliced into rounds on a diagonal bias
- 1 medium-size leek, white and light green parts only, cut in half lengthwise, cleaned and sliced thin
- 1 pound beet greens, stemmed, washed well in 2 changes of water, and coarsely chopped (about 6 cups tightly packed; it's fine if water remains on the leaves)
- 2 teaspoons sesame seeds
- 1/4 cup minced cilantro
- 2 teaspoons cornstarch dissolved in 2 tablespoons water or stock

### INSTRUCTIONS

-Combine the sugar and salt in 1 small container, the soy sauce, sherry and sesame oil in another, and place within arm's reach of your wok. Have the other ingredients in separate containers within arm's reach of your wok.

-Heat a 14-inch flat-bottomed wok over high heat until a drop of water evaporates within a second or two when added to the pan. Swirl in the oil by adding it to the sides of the pan and swirling the pan, then add the tofu and spread out in a single layer. Don't stir for 1 minute, then stir-fry for 1 to 2 minutes, until it begins to color. Add the garlic and ginger and stir-fry for no more than 10 seconds. Add the beets and carrots and stir-fry for 1 minute. Add the leek and stir-fry for 30 seconds to a minute, until it softens, then add the beet greens and salt and sugar. Stir-fry for 1 to 2 minutes, until the greens have wilted. Add the sesame seeds, soy sauce, sherry and sesame oil, the beets and cilantro and stir-fry for 1 minute.

-Stir in the dissolved cornstarch and stir-fry until the liquid in the wok glazes the vegetables and tofu, less than a minute. Remove from the heat and serve with rice, noodles or other grains.