



Riverdog Farm

March 26, 2018

Riverdog Farm Veggie Box News

Box Contents:

¾ lb. Asparagus
1 bu. Spring onions
¾ lb. Loose Spinach
1 lb. Cauliflower
1 bu. Yellow Carrots
1 bu. Chioggia Beets
1 lb. Rutabagas

Check payment for April Deliveries is due by March 31st:

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

Thank you for your payment if already sent!

Quarterly Payment Schedule:

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](#)

Last Call for ham orders for delivery before the holiday weekend. Limited availability, hams currently in stock range from 7 to 9 pounds. Follow this link to order yours today: [Riverdog Farm Web-Store](#). More detailed instructions below.

Box Notes: The cauliflower is back! Roasted or pureed in soups, this winter/spring crop is a filling brassica staple that provides many of the same nutrients as broccoli. Popular now as a carb substitute, it's surprising to see cauliflower in grocery stores as a vegetable "rice". You can make your own cauliflower rice at home. Here is a link to the method, step by step: www.everydaymaven.com/how-to-make-cauliflower-rice

Field Notes: This week is expected to be in the mid to high 70s with nighttime lows in the mid 50s, perfect growing conditions for the asparagus, leafy greens and peas which are on the horizon to harvest. We are beginning to harvest spring onions and are continuing with the spring garlic harvest. The tomato starts have filled the green house here at the farm, leeks are sprouting at Headstart Nursery in Gilroy where we have them custom seed our leeks, and we are seeding the peppers in trays this week. Our target date for transplanting the first of four tomato plantings is mid to late April with a first tomato harvest date of early July.

Spring Hams available in the web-store! Please keep in mind that hams ship frozen and will need a few days to thaw.

A pasture-raised ham is the simplest way to please an Easter crowd. Coat 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 7-9 lbs and ship frozen.

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.

Farm Dinners are scheduled at our neighbor's Full Belly Farm through the end of the year! They often feature Riverdog Farm chicken and pork on the menus at their monthly farm dinners. To see the schedule and purchase tickets visit: <http://fullbellyfarm.com/events/events-calendar/>.

These Recipes have been selected for their simple assembly and compatibility with traditional style Easter brunch or dinner menus. We hope you all have a lovely weekend filled with spring culinary delights.

Roasted Cauliflower with Lemon-Parsley Dressing

From: <https://www.bonappetit.com/recipe/roasted-cauliflower>

A stellar side dish for any Easter brunch or dinner. Goes great with Ham.....

Ingredients

1 head Cauliflower (about 2 lbs.) cut into florets, including leaves
6 tablespoons olive oil, divided
Kosher salt, fresh ground pepper
1-cup fresh flat leaf parsley leaves
½ teaspoon finely grated lemon zest
2 tablespoons lemon juice

Preparation

-Preheat oven to 425°. Toss cauliflower and 4 Tbsp. oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until tender and golden brown, 25–30 minutes.

-Meanwhile, pulse parsley, lemon juice, and remaining 2 Tbsp. oil in a food processor until very finely chopped; season with salt and pepper. Toss cauliflower with lemon-parsley mixture and top with lemon zest.

Asparagus and spinach salad with warm bacon dressing

From: <http://www.wholesomelicious.com/asparagus-and-spinach-salad>

Ingredients

4 pieces of Nitrate free bacon (Riverdog Farm Bacon)
12 medium sized asparagus spears
3 cups fresh spinach leaves
3 tbsp. red wine vinegar
1 tsp. Dijon mustard
2 tsp. honey
1/2 cup diced apple
1/4-cup pine nuts
2 oz. crumbled goat cheese optional
1-2 stalks finely sliced spring onion, optional

Instruction

-Begin by cooking bacon over medium heat until nice and crispy (to your liking anywhere from 7-10 mins) Transfer bacon to plate to cool, drain approximately 3 tbsp. bacon fat into a small saucepan. Do not clean the fat from the large pan!

-Add the asparagus to the warm pan and sauté for 3-5 minutes. Meanwhile, place spinach onto a platter or bowl. Heat up the small saucepan with the bacon grease over med heat, add vinegar, Dijon, and honey. Whisk until smooth, and reduce heat but keep the dressing warm.

-Add asparagus to the spinach once it's finished cooking, then top with apple.

-Crumble bacon and goat cheese (if using), and add to salad. Top with pine nuts. Complete the salad by drizzling the warm dressing. Serve immediately.

Rutabaga Puree

From: <https://www.marthastewart.com/341430/rutabaga-puree>

A cross between a turnip and a wild cabbage, rutabaga has a distinctly sharp taste. This puree calls for a touch of mascarpone, which mellows the root vegetable's bold flavor. If making the semifreddo, buy a small container of mascarpone and save the rest for dessert.

Ingredients

2 tablespoons unsalted butter
2 large shallots, coarsely chopped
1 large rutabaga (about 1 1/2 pounds), peeled and coarsely chopped
Coarse salt and freshly ground pepper
1/2-cup homemade or store-bought low-sodium chicken stock
1/4 teaspoon chopped fresh thyme
2 tablespoons mascarpone cheese
Thyme leaves, for garnish
2 medium spring onions thinly sliced, for garnish

Instruction

-Melt butter in a small saucepan over medium heat. Cook shallots and rutabaga, stirring often, until both begin to soften, about 10 minutes. Season with 1-teaspoon salt. Add stock and thyme. Cover, and bring to a boil. Reduce heat to medium-low, and simmer until tender, 20 to 25 minutes.

-Puree vegetable mixture with mascarpone in a food processor until smooth. Season with pepper. Reheat if needed. Garnish with thyme and thinly sliced fresh spring onions.

Glazed Carrots

From: <https://www.williams-sonoma.com>

Ingredients:

4 Tbs. (1/2 stick) (2 oz./60 g) unsalted butter
2 1/2 lb. (1.25 kg) small rainbow carrots, peeled and tops trimmed to 1 inch (2.5 cm)
Kosher salt and freshly ground pepper, to taste
1/4 cup (2 fl. oz./60 ml) Madeira or dry sherry
1-cup (8 fl. oz./250 ml) low-sodium chicken broth
2 Tbs. sugar
2 Tbs. chopped fresh flat-leaf parsley for thyme (optional)

Directions:

-In a large fry pan over medium heat, melt the butter. Add the carrots and stir to coat with the butter. Season with salt and pepper. Add the Madeira and broth, increase the heat to medium-high and bring to a simmer. Partially cover the pan and simmer until the carrots are just tender, 6 to 8 minutes.

-Uncover the pan and add the sugar, stirring well to combine. Continue to simmer, uncovered, stirring occasionally, until the liquid has evaporated and the carrots are glazed, 5 to 6 minutes more.

-Transfer the carrots to a warmed serving bowl, sprinkle with the parsley and serve immediately. Serves 6 to 8.