



Riverdog Farm

April 2, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

1 lb. Asparagus  
1 bu. Spinach  
¾ lb. Loose Arugula  
1 lb. Cauliflower  
1 bu. Red Carrots  
1 bu. Red Beets  
1 lb. Leeks

**Box Notes:** Asparagus is in full swing. We sold 300 bunches at the Saturday Berkeley Farmer's market and are harvesting more today. Each day, the spears grow about 5 inches so we harvest the asparagus daily. Hopefully, the spring pea harvest will begin in 2 weeks. Lettuce will be returning soon.

**Field Notes:** Because the weather has been so mild, we managed to transplant some of the tomatoes last week. We set up irrigation lines for frost protection in the event that the nighttime temperatures get close to 32 degrees. By running the overhead sprinklers during any waves of cold weather, the plants are protected from frost. The formation of ice creates a layer of protection on the plants. An ice coating is better than frost because the frost breaks the plant cells whereas the ice doesn't. But as always this time of year, we hope that the nighttime temperatures will not get that cold. Our frost-free date is usually mid-May or the last full moon in May. Since the full moon in May this year is not until the 29th, we're hoping it won't become too chilly for the young plants. We'll also be direct seeding sweet corn in the coming weeks.

## 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](#)

Farm Dinners are scheduled at our neighbor's Full Belly Farm through the end of the year! They often feature Riverdog Farm's pastured 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/>.

Upcoming food event: The California Honey Festival in Woodland, Saturday May 5, 2018, 10 am to 5 pm: <https://californiahoneyfestival.com/>.

## Spring Hams are still available in the web-store!

Our pasture raised whole hams are bone in. Smoked and cured to perfection by Roundsman's Smokehouse in Fort Bragg. Hams are \$11/lb. and range from 7-9 lbs.

*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.*

Don't see a cut or roast you would like to purchase in the web store? Contact the office and let us know what you would like. We can accommodate custom orders given enough lead time. Just ask!

## **Cauliflower Steaks with Green Harissa**

From: [www.food52.com](http://www.food52.com)

### **Cauliflower**

1 large head cauliflower, or 2 small heads  
¼ cup (60 ml) vegetable oil  
Kosher salt and freshly ground black pepper

### **Green Harissa**

2 tomatillos, husked and rinsed  
1/2 onion, halved through the root  
1 or 2 serrano chiles, as desired for heat  
4 cloves garlic, unpeeled  
2 cups (40 g) fresh cilantro (leaves and tender stems)  
2 cups (40 g) fresh parsley (leaves and tender stems)  
Large handful each of arugula and spinach  
2 tablespoons white wine vinegar  
1 teaspoon finely grated lemon zest  
½ cup (120 ml) olive oil  
Kosher salt and freshly ground black pepper  
laky salt

Remove the leaves and trim the stem of the cauliflower, leaving the core intact. Place the cauliflower core-side down on a work surface. Starting in the center of the head, slice from top to bottom into four 1-inch (2.5 cm) steaks, adjust as needed to size of cauliflower heads. Place steaks on a rimmed baking sheet and any florets that break loose in a bowl. Drizzle the oil over the steaks and florets and generously season with kosher salt and pepper.

Prepare a charcoal grill for two-zone cooking and build a medium-high fire, or heat a gas grill to high. Carefully wipe the preheated grates with a lightly oiled paper towel. Using a grill brush, scrape the grill grates clean, then carefully wipe with a lightly oiled towel again. Allow a small cast iron skillet or grill basket to heat for 5 minutes before cooking.

To make the harissa, blister the tomatillos, onion, chiles, and garlic in the preheated small cast-iron skillet or grill basket over direct heat, until charred and softened on all sides, 4 to 5 minutes for the tomatillos and chiles, a bit longer for the onion and garlic. Set aside to cool.

Stem and seed the chiles, peel the garlic, and place them both in a food processor. Add the tomatillos, cilantro, parsley, arugula and spinach, vinegar, lemon zest, and olive oil and puree until smooth. Season with salt and pepper.

Grill the cauliflower steaks (in a grill basket, if desired) over direct heat, rotating them around the fire as needed to prevent them from blackening before they're cooked, until deeply charred on the exterior and just tender at the core, 8 to 10 minutes per side. Grill any loose florets in a grill basket, tossing often, until browned and crispy, 5 to 7 minutes.

Serve the warm steaks on a pool of harissa and garnish with the crispy bits of florets and a sprinkle of flaky salt.

### **Leek and Asparagus Frittata**

From: [www.epicurious.com](http://www.epicurious.com)

2 tablespoons (1/4 stick) butter  
1 cup chopped leeks (white and pale green parts only)  
1 12-ounce bunch asparagus, trimmed, cut on diagonal into 1-inch pieces (about 2 1/2 cups)  
1 cup sliced stemmed shiitake mushrooms  
8 large \*Riverdog Farm pasture raised eggs  
1 cup diced Fontina cheese, divided  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/4 cup grated Parmesan cheese

Preheat broiler. Melt butter in heavy broiler-proof 10-inch-diameter nonstick skillet over medium heat. Add leeks and sauté 4 minutes. Add asparagus and shiitake mushrooms, sprinkle lightly with salt, and sauté until tender, about 6 minutes. Whisk eggs, 3/4 cup Fontina cheese, 1/2 teaspoon salt, and 1/2 teaspoon pepper in medium bowl. Add egg mixture to skillet; fold gently to combine. Cook until almost set. Sprinkle remaining 1/4 cup Fontina cheese and Parmesan cheese over. Broil until frittata is puffed and cheese begins to turn golden, about 3 minutes. Cut into wedges and serve.

### **Yogurt and Beet Salad in the Persian Manner**

From: [www.food52.com](http://www.food52.com)

2 medium-sized beets or 4-5 small beets, peeled and sliced thin, about 1/8 of an inch  
Glugs of good olive oil  
2 cups drained yogurt—or make life simpler by purchasing thick Greek yoghurt or labneh from a Middle Eastern store  
1 to 2 tablespoons fresh chopped mint  
Sea salt

Pre-heat your oven to 375° F.

In the meanwhile, peel and slice your beets, approximately 1/8th of an inch of thickness (about the thickness of 2 quarters). [Editor's note: Using a mandoline slicer would make this easy!]

Line roasting pan with foil, add beets (it's okay if they overlap), douse with olive oil, and let them roast for approximately 30 to 35 minutes. Check after first 25 minutes for doneness, and give them a stir.

Allow beets to cool for 10 to 15 minutes.

On 4 plates, slather spoonful's of the thick yogurt in a circular pattern and arrange cooled beets on top. Sprinkle with fresh mint and salt. Drizzle olive oil on top and serve with crusty bread (or lavash, if you can find it) as a first course.

A Pinot Noir from Oregon is one of our faves with this appetizer.

### **Beet Green Pesto**

From: [www.nutmegnanny.com](http://www.nutmegnanny.com)

This beet green pesto is the perfect way to use up all those pesky beet tops. Full of vitamins and minerals this pesto is perfect on pasta, toasted bread and even when used as a delicious topping for grilled meats. You'll love how easy this pesto comes together!

Beet greens, from about 6 beets  
1/2 cup lightly packed fresh basil leaves  
1 clove garlic  
1/2 cup toasted hazelnuts  
1/2 cup grated Parmigiano-Reggiano cheese  
3/4 cup olive oil (more or less depending on taste and texture)  
Kosher salt  
Fresh cracked pepper

Blanch beet greens and squeeze water from the greens. Add the greens, basil garlic and hazelnuts to a blender or food processor. Process for just a few seconds to start breaking down the nuts and greens. Add Parmigiano-Reggiano and stream in olive oil till desired consistency is reached. Season with kosher salt and fresh cracked pepper.

To blanch greens you simply cut away any woody stems and just use the green portion of the stems. Wash thoroughly and set aside. Get a large pot and put it on the stove until boiling. Set another large bowl full of ice water next to the stove. Add greens to boiling water, leave in for 10 seconds, remove and immediately put into ice water. Then drain. Blanching helps soften the beet greens without losing the color.