



Riverdog Farm

April 9, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

1 lb. Asparagus  
1 bu. Red Spring Onions  
½ lb. Loose Arugula  
¾ lb. Napa Cabbage Rabe  
1 lb. Cauliflower  
1 bu. Purple Carrots  
1 lb. Mixed Radish

**Box Notes:** We hope to feature the asparagus weekly through the end of May. With moderate spring temperatures forecasted for the next few weeks, the production should be steady daily. The cauliflower has returned. We planted a crop last fall and it's ready to harvest now. The farm produces spring onions, white, red and torpedo. The season for the spring onions is from now until late May. For the spring onions we seed the onion starts, then transplant the starts when they have two small green leaves, and harvest the young onions before the tops dry and before the onion bulb becomes large. We also plant onion starts that are slated for harvesting as dry onions that we cure and sell for many months from July to September as the cured onions keep well and have a longer shelf life.

## Check payment for May Deliveries is due by April 30<sup>st</sup>:

Tuesdays: \$120  
Wednesdays: \$120  
Thursdays: \$120  
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](#)

**Field Notes:** Tuleyome.org organizes hikes and volunteer days for trail maintenance in the Berryessa Snow Mountain National Monument area, a beautiful wilderness area with public access just north of the farm. This Saturday, there will be a botanist-led wildflower tour of the region, starts at 10 am, meet at the Guinda Post Office. For more information, visit: [tuleyome.org/events/](http://tuleyome.org/events/).

Farm Dinners are scheduled at our neighbor's Full Belly Farm once a month 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/>. This is a great way to visit the Capay Valley, immerse yourself in a delectable, 100% farm-sourced dinner and tour an organic farm.

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

## Spring Hams are 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!

## Spring Asparagus Flat Bread

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

### Ingredients:

1/2 pound asparagus  
1/3 cup diced red spring onion  
2 teaspoons olive oil, plus more for the dough  
1 tablespoons lemon juice  
1 teaspoon lemon zest  
1/4 teaspoon sea salt  
1/4 teaspoon black pepper  
2 ounces goat cheese  
1/2 ball pizza dough (enough for 2 people)  
Minced flat-leaf parsley, for serving

### Instruction:

Preheat oven to 450 degrees.

Cut asparagus into 1/2-inch pieces. In a bowl, combine the asparagus with the onion, olive oil, lemon juice, zest, salt and pepper. Crumble in the goat cheese and toss to combine.

Roll out the pizza dough into an 8-by-12-inch rectangle. Transfer to an oiled or parchment-lined baking sheet.

Rub dough with a little olive oil. Spread the asparagus mixture over the dough. Bake for 12 to 15 minutes, or until crust is crisp. Cut into pieces, sprinkle with parsley and serve

## Cauliflower Grilled Cheese

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

*One for the kids! Or kids at heart.....*

### Ingredients:

1 small cauliflower head, cut into florets (should yield approximately three cups of cauliflower rice)  
1 tablespoon olive oil, plus extra to grease  
1 free-range egg, lightly beaten  
1 ounce grated parmesan cheese  
1 ounce grated cheddar cheese  
1/4 teaspoon sea salt  
1 tablespoon butter, room temperature  
3 ounces cheddar cheese

### Instructions:

Preheat oven to 450°F.

Line a baking sheet with parchment paper and liberally grease it with olive oil. Set aside.

In a food processor, rice the cauliflower florets until they are a fine crumb.

Heat the olive oil in a large frying pan on a low-medium heat. Add the cauliflower rice (about three cups) and cook for 10 to 15 minutes, stirring continually or until soft. You want the water to evaporate as much as possible from the cauliflower without developing color. The cauliflower rice needs to be dry, otherwise you'll end up with mushy dough.

Transfer the cauliflower rice to a mixing bowl, add egg, Parmesan, comté, salt, and mix well, then spread the mixture onto the lined baking sheet and shape into four bread squares.

Place the baking tray in the oven and bake for about 12 to 15 minutes, or until golden.

Remove and let cool for ten minutes, then gently peel them off the parchment paper.

Heat a pan over medium heat. Butter one side of each slice of the cauliflower bread and place the buttered side down on the pan.

Cover the bread liberally with your chosen cheese, plus gherkin or jalapeño if desired (*Rdf suggestions: arugula and thinly sliced red spring onions*) and top with the remaining slice of cauliflower bread, buttered side up.

Cook until golden brown, about two to four minutes, then gently flip and cook until golden brown on the other side.

## Shrimp with Napa Cabbage Rabe and Ginger

Adapted from: [www.epicurious.com](http://www.epicurious.com)

### Ingredients:

1 bunch scallions  
1 lb. large shrimp in shell (16 to 20 per lb.), peeled and deveined  
2 tablespoons medium-dry Sherry  
1 teaspoon cornstarch  
1/4 teaspoon white pepper  
1 teaspoon salt  
3/4 lb. Flowering napa cabbage, sliced in half or quartered lengthwise, and cut crosswise into 1 1/2-inch pieces  
3 tablespoons vegetable oil  
1 teaspoon minced peeled fresh ginger  
1 red bell pepper, cut into 1/4-inch-wide strips (1 cup)  
1 tablespoon soy sauce  
Optional garnish: match stick or thin sliced rounds of purple carrots, daikon and black Spanish radish.  
Accompaniment: cooked rice

### Instructions:

Cut white and pale green parts of scallions into 2-inch pieces and thinly slice dark green parts.

Stir together shrimp, 1 tablespoon Sherry, cornstarch, white pepper, and 1/2 teaspoon salt in a bowl.

Rinse cabbage in a colander. Tap colander lightly, then transfer cabbage to a large bowl with excess water clinging to leaves.

Heat a 14-inch wok or 12-inch heavy skillet over high heat until beginning to smoke, then add 2 tablespoons oil. When oil begins to smoke, add shrimp and stir-fry until golden and almost cooked through, about 4 minutes. Transfer to a clean bowl.

Add remaining tablespoon oil to wok and heat until just smoking, then stir-fry ginger and white and pale green parts of scallions until slightly softened, about 2 minutes. Add bell pepper and stir-fry until softened, about 2 minutes. Stir in remaining tablespoon Sherry and cook until most of liquid is evaporated. Add cabbage with water from bowl, soy sauce, and remaining 1/2 teaspoon salt and cook, covered, until cabbage is tender, about 5 minutes.

Stir in shrimp along with any juices accumulated in bowl and simmer, uncovered, until shrimp are just cooked through, about 1 minute. Add scallion greens and toss to combine well.