



Riverdog Farm

April 16, 2018

Riverdog Farm Veggie Box News

Box Contents:

1 lb. Asparagus
1 bu. White Spring Onions
½ lb. Loose Arugula
1 bu. Spinach
1.5 lb. Baby Orange Carrots
1 bu. Red Beets
1 lb. Leeks

Box Notes: This week's box contents represent the best of springtime: spring onions, arugula, asparagus, and young carrots. Each crop has their own distinctive flavor and in our northern CA growing climate, the season is brief for these delectable vegetables. All of our spring crops prefer cooler temperatures. While we harvest the spring's splendor, we watch the summer crops grow and tend to them giving them the attention they need to thrive for the next 7 months.

Field Notes: One of our favorite seed variety discoveries in recent years is the purple daikon. We grow it for spring, winter and fall harvest. It is a mild flavored radish with a purple hue. When we sample the purple daikon at market, it flies off the table, along with the carrots, black Spanish radish, and even the raw turnips. The April showers have continued to keep the soil moist and are hydrating the recent transplants reducing our need to irrigate.

On the meat front, we are experimenting with some chicken sausage recipes at our processors Manas Custom Meats in Esparto and Roundman's Smokehouse in Ft. Bragg. As soon as the recipes come together, we will be offering pastured chicken sausage via our web-store. ETA on the chicken sausage availability is mid-May to early June.

Upcoming Events:

The California Honey Festival in Woodland, Saturday May 5, 2018, 10 am to 5 pm:

<https://californiahoneyfestival.com/>.

Capay Valley Mothers Day Farm and Garden Tour May 13th, 10am to 5 pm. \$10 per adult, children 12 and under are free.

Visit the breathtaking gardens of the Capay Valley! Come join in the delight of spring flowers, strolling through many of the Valleys' finest gardens. Talk to the gardeners themselves and learn the secrets of their success. New gardens have been added this year as well as several points of interest along the drive through the valley. Many of the gardens are also showcases for agricultural production in the Capay Valley. You are welcome to picnic in the gardens, box lunches will be for sale at the Guinda Grange Hall using local ingredients.

Follow this link to learn more: <https://www.thecapayvalleygardentour.com>

Web Store Highlights:

Cases of Asparagus: 11 and 21 pound cases available. All asparagus \$5/lb.

Loose Mixed Beets: 10 pound cases for \$2/lb. and 25 pound cases for \$1.50/lb. Great for juicing! Follow this link to shop the web store: <https://csa.farmigo.com/store/riverdogfarmcsa>

Spring Hams are available in the web-store:

Our pasture raised whole hams are bone in. Smoked and cured to perfection by Roundman'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.

Check payment for May Deliveries is due by April 30st:

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

Leek and Gruyère Tart

From: <http://www.foodandwine.com>

Ingredients

All-purpose flour, for dusting
1/2 pound frozen puff pastry, thawed
2 tablespoons extra-virgin olive oil
3 medium leeks, white and tender greens, halved lengthwise, thinly sliced and rinsed well
1 teaspoon finely chopped thyme
Salt and freshly ground pepper
1/2 pound Gruyère cheese, coarsely shredded (2 cups)
3 ounces thinly sliced prosciutto
RDF suggestion: top with thinly sliced green onion, or add asparagus and green garlic to the mix! YUM!

Instructions

Preheat the oven to 475°. On a lightly floured surface, roll out the pastry to a 13-inch square. Fold the corners in and lightly roll the pastry into a rough round. Transfer to a baking sheet; refrigerate.

In a large skillet, heat the olive oil until shimmering. Add the leeks and thyme, season with salt and pepper and cook over moderate heat, stirring occasionally, until softened, about 5 minutes.

Sprinkle half of the cheese over the pastry, leaving a 1-inch border. Spread the leeks over the cheese. Cover with the prosciutto; sprinkle on the remaining cheese. Season with salt and pepper. Fold up the tart edge to form a rim and bake for 20 minutes, until golden and bubbling. Blot any excess fat with a paper towel. Cut the tart into wedges.

Arugula Salsa Verde

From: <https://www.bonappetit.com>

This recipe only takes 5 minutes and will elevate any dish. It's also a great way to get rid of excess greens, the lemon preserves vibrant spring greens and the sauce will keep in the fridge for a few days if the bread crumbs are omitted. Using mature arugula leaves instead of the baby variety will make for a more peppery salsa. For a nice variation, try it with fresh basil, mint or parsley.

Ingredients

2 plum tomatoes, finely chopped (optional)
Finely grated zest of 1 small lemon
1 tablespoon fresh lemon juice
1 garlic clove, finely chopped
3 cups arugula leaves, finely chopped
¼ cup coarse fresh breadcrumbs
1 tablespoon finely chopped capers
1 tablespoon red wine vinegar
¾ cup extra-virgin olive oil plus more
¼ cup finely grated Parmesan

Preparation

Mix tomatoes (if using), lemon zest, lemon juice, garlic, arugula, breadcrumbs, capers, and vinegar in a small bowl. Using a wooden spoon, slowly mix in ¾ cup oil, then Parmesan. Pour a

little oil on surface to keep salsa from discoloring.

Baked Asparagus and Spinach Risotto

From: <http://www.geniuskitchen.com>

Ingredients

1 tablespoon olive oil
1 cup chopped onion
1 cup arborio rice
4 ounces fresh spinach leaves
3 cups chicken stock
1 dash salt
1 dash nutmeg
½ cup freshly grated parmesan cheese
1 ½ cups asparagus, sliced into 1 inch pieces

Instructions

Preheat oven to 400°F.

In a dutch oven heat oil over medium flame. Add onions, sauté until softened. Add rice, stirring to coat well. Stir in spinach, salt, nutmeg, and 2 cups of stock.

Bring to a simmer and cook 7 minutes.

Stir in 1/4 c cheese. Cover and bake in oven 15 minutes.

Stir in asparagus and remaining 1/4 c cheese. add 1/2-1 cup of stock if mixture is dry.

Bake for an additional 15 minutes or until liquid is almost absorbed.

Marinated Beets with Pistachios and Tarragon

From: <https://www.bonappetit.com>

Beets and Tarragon is an amazing combo! This refreshing salad is a must try.

Ingredients

1 pound beets, trimmed, scrubbed
½ cup Sherry or red wine vinegar, divided
2 tablespoons plus ¼ cup olive oil
Kosher salt
1 medium shallot, finely chopped
1 teaspoon chopped fresh thyme
¼ cup raw pistachios, chopped
2 tablespoons coarsely chopped fresh tarragon
RDF Suggestion: add 1 tablespoon of chopped fresh mint

Preparation

Preheat oven to 425°. Combine beets, ¼ cup vinegar, 2 Tbsp. oil, and ¼ cup water in a baking dish; season with salt. Cover with foil and steam until beets are tender, 40–50 minutes. Let cool slightly. Rub off skins with paper towels; cut beets into quarters (or ½" wedges if larger).

Toss beets with shallot, thyme, mint (if using), remaining ¼ cup vinegar, and remaining ¼ cup oil in a large bowl; season with salt. Let sit at least 2 hours.

Toss with pistachios and tarragon just before serving.

DO AHEAD: Beets can be marinated 2 days ahead. Cover and chill.