



Riverdog Farm

April 22, 2019

# Riverdog Farm Veggie Box News

## Box Contents:

- ¾ lb bu Asparagus
- 1 bu Red Beets
- ¼ lb Arugula
- 1 bu Carrots
- ½ lb Snap Peas
- 1 bu Fennel
- 1 bu White Spring Onions
- 1 bu Oregano

## Payment by check is due by April 30 for May Deliveries:

- Tuesdays: \$96
- Wednesdays: \$120
- Thursdays: \$120
- Fridays: \$120
- Saturdays: \$96

## Thank you for your payment if already sent!

## Quarterly Payment Schedule:

2<sup>nd</sup> Quarter  
April/May/June  
\$312

## Annual Payment

\$1,152  
(This amount includes 2 free boxes!)

## To view the 2019 payment schedule visit:

[2019 Payment Schedule](#)

**Box Notes:** This week's box represents the peak of the spring harvest. In about 1 month, we'll start harvesting more little gem lettuce, spring bunched greens, spinach, and braising mix. The leeks are winding down. The seed potatoes are planted, we are expecting them to be ready to harvest in mid-late June. The steady winter rains caused some delays in planting but we are grateful for all the water we received. The heavy rainfall means ground water replenishment (for our agricultural and domestic wells) and a reliable supply of water in Cache Creek, our 2 main sources of irrigation water for the 400 acres we farm. 2019 is starting out great, with an abundance of water and steady supply of harvestable crops. We're looking forward to a productive farm year.

**Spring Hams:** Place your order for spring hams! The whole hams are \$11 per lb and average about 8 lbs. The hams come frozen (we can thaw the ham prior to delivery by request) delivered to a CSA drop site or one of the farmers markets we attend (3 in Berkeley and 1 in Sacramento). Email the farm at [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com) to place your order or visit <https://csa.farmigo.com/store/riverdogfarmcsa>.

**Capay Valley Garden Tour:** Visit the 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 – delicious box lunches will be for sale at the Guinda Grange Hall using local ingredients. Art and plants will also be for sale at the Grange Hall.

There is a wonderful line up of workshops this year at some of the locations. Each workshop is \$10. Take home a bouquet, or a plant for your garden to commemorate this Mothers Day.

All proceeds from this tour will go towards establishing and enhancing public garden projects in the communities of Esparto and the Capay Valley, including the historic Guinda Grange Hall's restoration project. Thank you for helping keep the Capay Valley beautiful! Please leave all furry friends at home.

To learn more about the annual garden tour visit: <https://www.thecapayvalleygardentour.com/>.

## 2019 CSA Payment Schedule

Quarter 2: Wednesdays \$312 Thursdays \$312 Fridays \$312  
Quarter 3: Wednesdays \$312 Thursdays \$312 Fridays \$312  
Quarter 4: Wednesdays \$288 Thursdays \$288 Fridays \$288

Annual Payment (annual payers receive 2 complimentary veggie boxes): \$1,152

We encourage you to consider making the annual payment for your veggie box deliveries. This helps support the farm by providing advance purchasing power for labor, seeds, fertilizers, and other farming expenses that are essential to get the next growing season going. Thank you for supporting the farm with your continued CSA subscription!

## Citrus Fennel and Avocado Salad

<https://www.foodiecrush.com/citrus-fennel-and-avocado-salad/>.

- 3 navel oranges
  - 3 cara cara oranges
  - 2 minneola oranges
  - 3 mandarin oranges
  - 1 blood orange
  - 1/2 fennel bulb very thinly sliced
  - 1 avocado peeled, pitted and sliced
  - 1/2 shallot [Or Spring Onions-RDF note] peeled and very thinly sliced
  - 1/3 cup extra virgin olive oil
  - 2 tablespoons champagne vinegar
  - 1 tablespoon honey
  - kosher salt and freshly cracked black pepper
  - 1/4 cup mint leaves
  - Reserved fennel fronds
1. Slice the peels off of the citrus and place in a bowl or on a serving plate. Layer with thinly slivered fennel slices. Add avocado slices and shallot slivers.
  2. In a small bowl, slowly whisk the olive oil into the champagne vinegar until emulsified. Add the honey and whisk to mix. Season with kosher salt and pepper.
  3. Pour dressing over the salad and season with more kosher salt and freshly ground pepper. Top with reserved fennel fronds and mint leaves.

## 10 Minute Sugar Snap Peas with Lemon

<https://www.asweetpeachef.com/sugar-snap-peas/>.

- 1 tbsp olive oil
  - 1 lb fresh sugar snap peas
  - 1 tsp lemon zest, freshly grated
  - 1/2 tsp sea salt
  - 1/4 tsp ground black pepper
1. Heat oil in a [skillet](#) over medium-high heat.
  2. Add the snap peas and toss to coat. Cook snap peas for 2 minutes, stirring frequently.
  3. Add the lemon zest, salt and pepper and cook an additional 3-5 minutes, until the snap peas begin to puff up and are crisp, yet tender.

## Asparagus and Ham Frittata

<https://www.geniuskitchen.com/recipe/asparagus-and-ham-frittata-166019>.

- 1 tablespoon olive oil
  - 1 lb fresh asparagus, trimmed, and cut into 1-inch pieces
  - 2 garlic cloves, minced
  - 3/4 lb thinly sliced/cubed ham, chopped
  - 2 bunches green onions, finely chopped
  - 8 large eggs
  - 4 ounces shredded swiss cheese [Or Feta/Jarlsburg/Parmesan any combo]
  - 1/2 teaspoon salt
  - 1/4 teaspoon fresh ground black pepper
1. Preheat oven to 250 degrees.
  2. Heat oil in 10" nonstick skillet. Saute asparagus, ham, garlic and green onion over medium-high heat until asparagus is crisp tender, about 8 minutes.
  3. Whisk together eggs, cheese, salt and pepper in a large bowl. Pour into skillet with asparagus mixture and stir to distribute egg mixture through skillet. Cook without stirring until edges are just set, about 2 minutes.
  4. Transfer skillet to oven; bake until center is set, about 30 minutes. Cut into wedges and serve.