



Riverdog Farm

April 23, 2018

Riverdog Farm Veggie Box News

Box Contents:

1 lb. Asparagus
1 bu. Red Spring Onions
½ lb. Snow Peas
1 bu. Oregano
1 bu. Red Russian Kale
1 bu. Carrots
1 bu. Tokyo Turnips
1 bu. Red Beets

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](#)

Box Notes: Our carrots and spring onions were featured in a delicious venison stew at the Cache Creek Conservancy First Foods Dinner last weekend. The Conservancy, located between Woodland and Esparto, is a 130 acre nature preserve that has a tending and gathering garden where plants used by Native Americans are grown. The meal highlighted traditional, indigenous foods grown by our farm including: stinging nettles, dandelion greens, and onions. The Conservancy's primary program is plant restoration of the lower part of Cache Creek. Along with vegetation restoration, the Conservancy has a tending and gathering garden and offers learning opportunities to school groups and the public about the ecology, culture, and history of the Cache Creek watershed.

Snow peas are making their first appearance! This means that the snap and shelling pea harvest will follow soon. The harvest of the spring planting of Tokyo turnips has begun, as well as spring planted bunching greens. We're holding on to spring as long as we can. It's the most beautiful season in our region: the hillsides are a lush green and the air is sweet with the scent of blossoms. We do need to be mindful of the return of the rattlesnake season. They are out in full force this year with many sightings already reported. Check out this short clip on Instagram of a rattlesnake in action that I saw on Saturday at: [guindcornerstore](#). It was bit too close for comfort.

Field Notes: Spring-to-summer is the feeling this week with cool evenings and very warm days with the highest temperatures coming close to 90 degrees. Some rain is forecasted for later this week, which we are looking forward to. The later it rains in the springtime the better for all the recently transplanted crops, keeping the dust down and keeping the temperatures cooler.

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 though 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 purchase tickets and 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 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.

Shaved Asparagus Salad with Feta and Peas

From: <https://food52.com/recipes>

Ingredients:

1 bunch asparagus, washed and well-dried
1 big handful arugula
¼ cup green peas, fresh or frozen and thawed (RDF Suggestion: Sub Chopped Snow peas here)
1/8 cup (2 tablespoons) deshelled pistachios, roughly chopped
2 ounces feta, crumbled
Juice from half a lemon
Good olive oil
Fresh ground pepper
Flaky sea salt, like Maldon

Instructions:

-Shave the asparagus into ribbons (I used a cheese plane, but a vegetable peeler works great). Holding the base of the stalk with one hand, run the peeler up from about 1/2 inch from the bottom all the way through the spear. One fell swoop makes for a pretty piece of shaved thing. Continue, rotating the asparagus 90° each time you shave, until each stalk is shaved through, discarding the ends. I left some shaved pieces long, and cut some into smaller bits, for variety's sake.
-Toss asparagus ribbons with arugula, peas, pistachios, and feta. Dress with lemon juice and a serious drizzle of olive oil, and then season with fresh ground pepper and a hit of flaky salt.
-Serve immediately! Shaved asparagus means a lot of vegetable flesh surface area exposed to the elements, which can make your salad soggy if left alone. Don't assemble this bad boy until right before you want to be eating it.

Beet and Rye Panzanella

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

Ingredients

1½ pounds small beets, any color, scrubbed (about 10)
½ small red onion, thinly sliced
3 tablespoons white wine vinegar, plus more for serving
Kosher salt
½ loaf rye bread, crusts removed, torn into 1-inch pieces (about 6 cups)
4 tablespoons olive oil, divided, plus more for serving
Freshly ground black pepper
1 large orange
4 ounces ricotta salata (salted dried ricotta), crumbled
1 cup torn fresh herbs (such as dill, parsley, oregano, tarragon, and mint)

Recipe Preparation

-Preheat oven to 425°. Place beets in a shallow 2-qt. baking dish and add water to come ½" up sides. Cover dish tightly with foil and bake beets until tender and a cake tester or paring knife easily slides through flesh, 45–60 minutes. Let cool slightly.
-Meanwhile, toss onion, 3 Tbsp. vinegar, and a pinch of salt in a small bowl to combine; set aside.
-Toss torn bread and 2 Tbsp. oil on a rimmed baking sheet to coat; season with salt and pepper. Bake, tossing once, until bread is golden brown and crisp around edges, 8–10 minutes; set aside.
-Rub beets with paper towels to remove skins, then halve (or quarter if large) and place in a large bowl; add onion with liquid.
-Using a small sharp knife, remove peel and white pith from orange. Working over bowl with beets, cut between membranes to release segments into bowl. Squeeze membranes to release juices; discard. - Add reserved toasted bread and 2 Tbsp. oil and toss to combine. Let sit a few minutes for flavors to meld.
-Just before serving, fold in ricotta salata and herbs, drizzle with more oil and vinegar, and season with salt and pepper.

Quick Pickled Root Veggies

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

Ingredients:

1 cup unseasoned rice vinegar
3 tablespoons sugar
1 tablespoon kosher salt
8 oz. small carrots, baby turnips, and/or beets, shaved on a mandolin (about 2 cups)

Instruction:

Bring vinegar, sugar, and salt to a boil in a small saucepan. Remove from heat and add vegetables; let sit until just tender, about 10 minutes. Drain.

Sauté of Kale, Tokyo turnip and Red Spring Onion

Adapted by Riverdog From: <http://www.highgroundorganics.com>

This is a dish of bolder flavors with hints of bitterness to it, so it goes well with fattier dishes such as pork chops, chicken thighs, or other rich dishes that contain cream or cheese.

Ingredients:

1 bunch Tokyo turnips, trimmed and cleaned, cut into wedges.
Greens reserved for another use
1 bunch Red Russian kale, stems removed and saved for something else, cut into ¼ inch wide strips and well washed, then drained
½ bunch red spring onions, bulbs cut into 1/8th thick by 1 inch long bits, greens cut thinly diagonally 2 inches long
1 clove garlic, shaved thinly lengthwise
1 tablespoon fresh oregano, coarsely chopped
2-3 ounces dry white wine, using more if the pan is larger
1-2 tablespoons butter* (Optional)
Salt and pepper to taste
Olive oil as needed

Instructions:

-Bring a large pot of water to a boil-enough to hold the turnips and half again as much at least. When boiling, salt heavily, then add the turnip wedges. Cook for 1 minute, or just until no longer raw. They should be starting to get tender, but still be crunchy. Drain and give a quick rinse to cool off a little. Put into a bowl and drizzle with just enough oil to coat. Toss to coat evenly. Season with salt and pepper evenly.
-While the water comes to a boil, heat a lidded skillet large enough to hold all the turnips in a single layer without crowding over medium-high heat. When the turnips are seasoned, just film the pan with oil and bring to just below smoking. Add the turnips and cook, undisturbed, just until the bottom is golden. Flip the wedges and cook until the other side is golden. Remove to a serving platter and keep warm. Lower heat to medium.
-Add a little oil and when hot, add the red spring onion bulbs. Stir, cooking just until translucent. Add the garlic and cook until fragrant. Return the turnips to the pan and toss to combine with the onions. Add the butter and when it stops bubbling add the wine, then scatter the kale over the top of the pan and place the lid on top. Cook one minute, then check the dish. The kale should be wilted and most of the wine evaporated. Toss to coat with the wine/butter and season with salt and pepper.
-Scatter with the onion greens, and transfer to the serving dish with a slotted spoon or tongs. If there is a lot of liquid left in the pan, return the pan to the heat and reduce until thickened and only a couple tablespoons are left. Drizzle over the vegetables and serve.
-Chef's Notes: *The butter offers some sweet flavor and smooth's out the dish. It also emulsifies with the wine and any liquid from the greens to form a sauce. Leaving it out will not be a deal breaker for the dish.