



Riverdog Farm

April 29, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 3/4 lb Asparagus
- 1 bu Rainbow Chard
- 1/4 lb Arugula
- 1 bu Carrots
- 3/4 lb Snap Peas
- 1 bu Fennel
- 1 bu White Spring Onions

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:

2nd 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: Pea season is u-pod, oops, meant to say, upon us! First the snow peas start, then the snaps, and now the shelling peas are even happening. The pea season lasts about one month so we are hoping to have them until late May/early June. These delectable morsels are a refreshing, nutritional, crunchy snack. Toss the raw shelling peas fresh out of the pod, into cooked rice or top a green salad with them. We have heard stories from our customers at the farmers market about their children fighting over these peas!

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 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 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 – 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!

Orange Braised Rainbow Chard

From: <https://www.tasteslovely.com/orange-braised-rainbow-chard/>.

- 2 tablespoons olive oil
- 1/2 yellow onion, thinly sliced [Or Spring Onions-RDF note]
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- pinch of red pepper flakes
- 1 bunch rainbow chard, washed, dried and chopped
- juice from 1/2 an orange

1. Heat a large sautee pan over medium heat. Add the olive oil, onion, salt, pepper and red pepper flakes. Slowly caramelize the onions, about 10-15 minutes stirring occasionally.
2. When the onions are golden brown and caramelized, add the rainbow chard. Toss with the onions. Cook until the chard just begins to soften, about 2-4 minutes. Add the juice from the orange. Toss, and cook another 2 minutes. Taste for salt and pepper. Serve warm.

Blackened Sugar Snap Peas with Garlic and Mint

From: <https://www.finecooking.com/recipe/blackened-sugar-snap-peas-with-garlic-and-mint>.

- 2 minced cloves garlic
 - 1 Tbs. extra-virgin olive oil
 - 1/4 to 1/2 tsp. crushed red pepper flakes
 - 2 tsp. canola oil [Or olive oil – RSF note]
 - 1 lb. sugar snapped peas, trimmed
 - 1/4 cup chopped fresh mint
 - Fresh lemon juice
 - Kosher salt
1. In a small bowl, combine the garlic, olive oil, and red pepper flakes.
 2. Heat the canola oil in a large skillet over high heat. Add the snap peas and cook without moving until blackened in spots, 2 to 3 minutes.
 3. Take the skillet off the heat, add the garlic mixture, and stir until fragrant, 15 to 30 seconds. Transfer to a serving bowl, toss with the mint, and season to taste with lemon juice and salt.

Cream of Asparagus Soup

From: <https://www.epicurious.com/recipes/food/views/cream-of-asparagus-soup-creme-dasperges-104746>.

- 2 pounds green asparagus
- 1 large onion, chopped
- 3 tablespoons unsalted butter
- 5 to 6 cups chicken broth
- 1/2 cup crème fraîche or heavy cream
- 1/4 teaspoon fresh lemon juice, or to taste

1. Cut tips from 12 asparagus 1 1/2 inches from top and halve tips lengthwise if thick. Reserve for garnish.
2. Cut stalks and all remaining asparagus into 1/2-inch pieces.
3. Cook onion in 2 tablespoons butter in a 4-quart heavy pot over moderately low heat, stirring, until softened. Add asparagus pieces and salt and pepper to taste, then cook, stirring, 5 minutes. Add 5 cups broth and simmer, covered, until asparagus is very tender, 15 to 20 minutes.
4. While soup simmers, cook reserved asparagus tips in boiling salted water until just tender, 3 to 4 minutes, then drain.
5. Purée soup in batches in a blender until smooth, transferring to a bowl (use caution when blending hot liquids), and return to pan. Stir in crème fraîche, then add more broth to thin soup to desired consistency. Season with salt and pepper. Bring soup to a boil and whisk in remaining tablespoon butter.
6. Add lemon juice and garnish with asparagus tips.

Cooks' Note

Soup keeps, covered and chilled, 2 days. If making ahead, add last tablespoon butter and lemon juice after reheating.