



Riverdog Farm

April 30, 2018

Riverdog Farm Veggie Box News

Box Contents:

1 lb. Asparagus
½ lb. Purple Snow Peas
1 bu. Curly Kale
½ lb. Little Gem Lettuce
1 bu. Torpedo Onions
1 bu. Scarlet Queen Turnips
1 lb. Purple Daikon

Box Notes:

The Little Gem Lettuce has returned and it's delicious! <http://www.copperhilloliveoil.com/> makes very good flavored vinegars. My favorite is the pomegranate. The vinegar is a great ingredient for an olive oil/vinegar salad dressing especially on the Little Gem Lettuce: gem halves, pink lady apple slices, fresh mandarin oranges, grated parmesan, thinly sliced torpedo onions, salt and pepper. You'll want to absorb any drops of dressing left on the plate with a chunk of bread. This is also the first week for the torpedo spring onions. This is a mild tasting, light red onion that's elongated, torpedo shape. They are wonderful grilled or thinly sliced on salads.

Field Notes: Cloud cover and a light rain on Sunday have kept the temperatures down the past few days. The hills are staying green longer than usual and the fields of bright yellow wild mustard growing throughout the county are tall and vibrant.

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 purchase tickets and learn more: <https://www.thecapayvalleygardentour.com>

A new springtime event in the valley:

Capay Valley Wine Stroll

Sunday May 20, 2018 from noon to 3 pm

Visit the wineries of the region and taste some local wine.

<https://www.facebook.com/events/1575645249209976/>.

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](#)

Grilled Asparagus and Spring Onions with Lemon Dressing

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

Ingredients

1 teaspoon finely grated lemon zest
1 teaspoon finely grated Meyer lemon zest
1 tablespoon fresh lemon juice
1 tablespoon fresh Meyer lemon juice
1 tablespoon whole grain mustard
¼ cup olive oil, plus more for serving
2 large bunches of thick asparagus, trimmed
2 bunches spring onions, halved if large (Torpedo would be perfect!)

Recipe Preparation

Prepare grill for medium-high. Whisk lemon zest, Meyer lemon zest, lemon juice, Meyer lemon juice, mustard, and ¼ cup oil in a medium bowl to combine; season dressing with salt and pepper (if you don't have Meyer lemons, use regular lemons in their place).

Place asparagus and spring onions on a rimmed baking sheet and lightly drizzle with oil. Season with salt and pepper; toss to coat. Grill, turning once, until lightly charred and crisp-tender, about 4 minutes. Serve drizzled with dressing.

Spicy Wok-Charred Snow Peas

From: <https://cooking.nytimes.com>

High-heat stir-fries are ideal for peas — either snow peas or the sugar snap variety. Assertive seasoning and the slight charring from the wok complement the peas' sweetness wonderfully. The method works well for other spring vegetables too, like asparagus or baby bok choy clusters. Use a wide cast iron pan if you don't have a wok. Take care to avoid overcooking; the peas should be a vibrant green color and firm to the bite.

Ingredients

2 tablespoons vegetable oil
6 to 8 small dried red chilies
1 pound snow peas, trimmed
1 bunch scallions, trimmed, chopped in 1-inch lengths
Salt and pepper
4 garlic cloves, minced
½ teaspoon grated ginger
½ teaspoon toasted sesame oil
3 tablespoons crushed roasted peanuts
2 tablespoons roughly chopped cilantro

Preparation:

Put vegetable oil in a wok over high heat. When oil looks wavy, add chilies and let sizzle for a few seconds.

Add snow peas and scallions and season well with salt and pepper. Cook vegetables over high heat, stirring constantly, until cooked through and lightly charred, 2 to 3 minutes. Peas should be bright green and crisp-tender.

Add garlic, ginger and sesame oil, toss well and cook 1 minute more. Transfer to a serving platter and sprinkle with peanuts and cilantro.

Roasted Scarlet Queen Turnips with Parmesan

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

Ingredients

2 pounds turnips (about 4 medium), peeled and cut into 1/2-inch wedges

1/8 teaspoon cayenne pepper
1/4 teaspoon ground nutmeg
2 tablespoons extra-virgin olive oil
Coarse salt and ground pepper
1/4 cup grated Parmesan (1/2 ounce)

Instruction

Preheat oven to 475 degrees. On a rimmed baking sheet, combine turnips, cayenne, nutmeg, and oil. Season with salt and pepper and toss well to coat. Sprinkle with Parmesan and toss gently to combine. Arrange turnips in a single layer and roast until golden on both sides, 25 to 30 minutes, flipping halfway through.

Herbed Roots with Brown Butter Vinaigrette

Adapted by RDF From: <https://www.thekitchn.com>

This recipe was originally written for spring carrots though would be great for any roots: beets, daikon, scarlet queen, potatoes or spring veggies like asparagus. But let's face it, anything is going to taste amazing with brown butter vinaigrette.

Ingredients:

2 1/2 tablespoons olive oil, divided
1 1/2 tablespoons freshly squeezed lemon juice
1 tablespoon finely chopped fresh basil leaves
1 tablespoon finely chopped fresh parsley leaves
2 small cloves garlic, minced
Kosher salt and freshly ground black pepper
1 bunch or 1 lb. roots, greens removed, scrubbed clean cut into bite sized wedges

Preparation

Arrange a rack in the middle of the oven and heat to 425°F. Whisk together 1 1/2 tablespoons of the oil, lemon juice, basil, parsley, and garlic in a large bowl and season with salt and pepper.

Spread the turnip wedges out in a single layer on a rimmed baking sheet. Drizzle with the remaining 1 tablespoon of oil, season with salt and pepper, and toss to evenly coat. Roast, turning the occasionally, until tender and lightly caramelized, 25 to 30 minutes.

Transfer the roots to the bowl of dressing and toss to combine. Let sit 20 minutes, stirring occasionally, to cool and let the flavors combine. Serve warm, at room temperature, or cold.

Top with brown butter vinaigrette sauce, recipe below.

Brown Butter Vinaigrette Sauce

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

Ingredients

3 parts Brown Butter (find instructions on how to brown butter: [How to brown butter](#))
1 part vinegar or citrus juice or a combo of both
1 Part strong Dijon mustard
small handful of flat leaf parsley
1 teaspoon salt
¾ teaspoon fresh ground pepper

Preparation

Add everything to a food processor and blitz until just smooth. You can also mix this up with an immersion blender. Use immediately or store in the refrigerator for up to one day. Blend again before using.