



Riverdog Farm

May 6, 2019

# Riverdog Farm Veggie Box News

## Box Contents:

- 1 lb Asparagus
- 1 bu Red Beets
- 1/4 lb Arugula
- 1 bu Carrots
- 1/2 lb Purple Snow Peas
- 1 bu Fennel
- 1 bu Green Garlic

## Payment by check is due by May 31 for June Deliveries:

- Tuesdays: \$96
- Wednesdays: \$96
- Thursdays: \$96
- Fridays: \$96
- Sat/Sun: \$120

## 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:** After a spectacularly wet spring, we're so excited to finally be back on track with our summer planting. We were delayed getting our ground tilled for planting because the soil was wet for so long, but we managed to get the fields prepped and the summer crops are going into their beds for the year. That means we've got our first tomatoes peppers, eggplant, melons, and much more in the ground! We'll be rolling in heirloom tomatoes before we know it... for now, we've got a couple more weeks of peas and asparagus to look forward to and will be getting some different greens in the box over the next few weeks; keep an eye out for collards, spinach, and bok choy.

**CSA Survey:** This is the last week to complete our member survey! If you do, you'll be entered to win 2 weeks of free CSA boxes. We want to hear from you, and appreciate it if you've already taken the time to fill it out. Find the survey here:

<https://forms.gle/WwwbgKP7JsK62ZPfA>

**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

## Roasted Spring Root Salad

This is a favorite of our CSA manager, Lola. She uses whatever roots are in the box for a hearty salad, sometimes with grilled fish or chicken on top.

- 1 bunch red beets, carrots, fennel, turnips, or a combo
- 2 Tbsp olive oil
- 2 pinches salt
- 1 tsp honey
- 1 Tbsp balsamic vinegar

### Dressing

- 1 clove garlic, minced
- 2 Tbsp olive oil
- juice from half a lemon
- 1 tsp Dijon mustard
- 1 tsp honey

- 1/4 lb arugula

1. Preheat oven to 400°
2. Cut the greens off the root veggies, you can discard the greens or save them for a stir-fry later in the week. Cut the roots into bite size chunks-they don't have to be uniform, just similar enough in size to roast evenly
3. Toss the roots with the olive oil, salt, honey, and balsamic, spread on a baking sheet, and bake for 30-40 minutes or until tender. Remove from oven and let cool slightly
4. Make the dressing: in a small bowl combine the garlic, mustard, honey, and lemon juice and whisk until combined. Slowly add the olive oil while continuing to whisk.
5. In a large bowl, combine roasted roots, arugula, and dressing and toss. Serve immediately.

Note: This recipe is endlessly adaptable. You can add toasted nuts, cooked quinoa or other grains, or grilled meat or fish to round it out into a full meal. Or, keep it simple and serve as a side dish.

## Asparagus and Egg Salad with Walnut and Mint

From: <https://smittenkitchen.com/2018/04/asparagus-and-egg-salad-with-walnuts-and-mint/>

- 4 large eggs, cold from fridge
- 1/2 cup (1 ounce or 30 grams) grated parmesan cheese
- 1/2 cup (2 ounces or 55 grams) finely chopped lightly well-toasted walnuts
- 1 teaspoon finely grated lemon zest
- Kosher salt and freshly ground black pepper
- Dried chile flakes
- 1 pound asparagus, any thickness, tough ends trimmed
- About 1/4 cup fresh lemon juice
- 1/4 cup lightly packed fresh mint leaves, chopped
- 1/4 cup olive oil, preferably extra-virgin

1. Bring a small/medium pot of water to boil. Gently lower in eggs and reduce heat to a simmer. Boil for 8 1/2 minutes, then quickly transfer eggs to an ice-cold water bath. Leave them there while you prepare the other ingredients, but ideally at least 10 minutes.
2. Place parmesan, walnuts, and lemon zest in the bottom of a large bowl, along with 1 teaspoon salt, many grind of black pepper, and about 1/2 teaspoon chile flakes (or more or less to taste; I used half because: kids). Stir to combine.
3. Cut the asparagus on a sharp angle into very thin slices and add to the parmesan mixture. Add 1/4 cup lemon juice and toss some more. Taste and adjust the flavors to your preference by adding more salt, black pepper, chile flakes, or lemon juice, and go a little bit heavy, so the flavors don't disappear once you add the eggs. Add mint and olive oil toss, adjusting seasoning again.
4. Peel your cooled eggs. Cut in half, then each half into 6 to 8 chunks. Add to bowl with asparagus and give it one or two gentle stirs (I don't want to get them too mashed up here).
5. Eat as is, or scoop onto 6 to 8 toasts