



Riverdog Farm

May 7, 2018

Riverdog Farm Veggie Box News

Box Contents:

1 bu. Asparagus
1 bu. Carrots
¾ lb. English Shelling Peas
½ lb. Arugula
1 bu. Dino Kale
½ lb. Little Gem Lettuce
1 bu. Tokyo Turnips

Box Notes: This is the first week for English Shelling Peas! This type of pea must be shelled, that is: remove the peas from the pod because the shells are too fibrous to eat. The spring bunched greens harvest has begun. Spring greens are seeded mid-winter in the greenhouse. We transplant them during dry windows in February and start the harvest in early May. This planting will be continually harvested until it warms up in late June. The Little Gem Lettuce season will last until early June. Tokyo Turnips have two short seasons during the year, now and in the fall. Enjoy the spring crops while they're here. We'll be swimming in heirloom tomatoes, peppers and melons sooner than you know. Our tomato season runs from early July until mid-November.

Field Notes: Mild spring temperatures and continued cloud cover have kept the days mild and idyllic for harvesting, growing, and field prep. It looks as though this weather pattern is shifting with highs this week in the upper 80's and up to 94 degrees next weekend. Spring is a short lived season in the Capay Valley.

Upcoming Events:

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>

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: Check your inbox for this months web-store highlights newsletter!

Case quantity Vegetables available: Peas! Asparagus! Little Gem Lettuce! Loose Carrots and more. Don't miss these sweet springtime sensations, get them while you can.

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](#)

Spring Quinoa Pea and Asparagus Salad

From: [HTTPS://WWW.ASAUCYKITCHEN.COM](https://www.asaucykitchen.com)

Ingredients

1 cup uncooked quinoa
1/2 pound asparagus tough ends cut off and then cut into 2 inch pieces
2 cups fresh English shelling peas or frozen peas
2 cups arugula
1/2 cup feta cheese
1/2 cup walnuts roughly chopped

Vinaigrette

1/4 cup extra virgin olive oil
2 tablespoons lemon juice
1 large clove or 1 heaped teaspoon minced garlic
1/2 teaspoon sea salt & pepper each
2 tablespoons fresh mint, finely chopped (RDF Suggestion)

Instructions

Cook the quinoa according to package directions. Set aside. Bring a pot of salted water to a boil. Add the asparagus and cook 2 minutes. Add the frozen peas and cook another 1-2 minutes until the asparagus is firm, but tender and the peas are no longer frozen. Drain and run under cold water to stop it from cooking further. Set aside.

In a large salad bowl toss all of the salad ingredients together to combine.

In a small bowl whisk together the vinaigrette until slightly emulsified. Drizzle over the salad and toss to mix. Season the salad with a little more salt and pepper as needed, top with mint and enjoy!

Lacinato Kale and Carrot Salad with Chickpeas and Spiced Tahini Dressing

<https://food52.com>

Ingredients

1 bunch carrots, peeled and cut on a large bias
1 tablespoon
2 teaspoons olive oil, divided
1/2 teaspoon sea salt, divided
1 bunch lacinato kale, stems removed and torn into bite size pieces
1 tablespoon fresh lemon juice
1 cup cooked chickpeas

Dressing Ingredients

1/4 cup roasted tahini
1/4 cup water
1 piece garlic, minced
2 tablespoons fresh lemon juice
1/4 teaspoon sea salt
1 tablespoon Turkish maras peppers (or substitute 2 teaspoons paprika + dash of crushed red pepper flakes)

Instructions

Preheat oven to 425. Line a large baking sheet with parchment paper. Add carrots to baking sheet and toss with 1 tablespoon olive oil and a 1/4 teaspoon sea salt. Roast until carrots are tender and caramelized – about 20-30 minutes. Meanwhile, place torn kale in a large bowl. Add lemon juice,

remaining 2 teaspoons olive oil and 1/4 teaspoon sea salt.

Gently 'massage' kale with clean hands. Kale should turn bright green and begin to tenderize. Toss in chickpeas and cooked carrots. Drizzle with tahini dressing and serve extra on the side.

Spiced tahini dressing

Whisk all ingredients together. Depending on the consistency of the tahini (whether oily or solid) you may need to add a bit of extra water until you reach desired consistency. Season to taste

Tokyo Turnip, Quick Pickle Salad

From: Our neighbors at Full Belly Farm!

Ingredients

1 bunch of turnips, scrubbed trimmed & sliced in 1/4" rounds
1/2 cup rice or white vinegar
1/2 tsp. salt + more to taste
water to cover
1/4 cup sesame seeds, toasted (optional)

Instructions

Combine the vinegar and salt in a shallow bowl and stir until the salt is dissolved. Submerge the turnip slices and add more vinegar, if necessary, to cover. Allow to stand 15 minutes. Remove the turnips from the liquid, add toasted sesame seeds and toss. Serve over noodles or rice or alongside another dish.

Little Gem Lettuce with Green Goddess Dressing

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

Ingredients:

2 oil-packed anchovy fillets, chopped
1 garlic clove, finely grated
1/2 cup mayonnaise
1/2 cup sour cream
1/2 cup (loosely packed) basil leaves
2 tablespoons parsley leaves with tender stems
2 tablespoons tarragon leaves
2 tablespoons plus 1 teaspoon fresh lemon juice
4 1/2 teaspoons olive oil, plus more
Kosher salt
6 heads of Little Gem lettuce, cores removed, leaves separated
2 small Purple Daikon radishes, trimmed, thinly sliced

Instructions

Blend anchovies, garlic, mayonnaise, sour cream, basil, parsley, tarragon, 1 Tbsp. lemon juice, and 4 1/2 tsp. oil in a blender until smooth with only a few flecks of green; season dressing with salt.

Combine lettuce, radishes, and remaining 1 Tbsp. plus 1 tsp. lemon juice in a large bowl, drizzle with oil, and season with salt; toss to combine.

Top salad with a few spoonfuls of dressing; reserve remaining dressing for another use (like a turkey sandwich!).