



Riverdog Farm

May 13, 2019

Riverdog Farm Veggie Box News

Box Contents:

3/4 lb Asparagus
1 bu Dandelion Greens
1/2 lb Mei Qing Choi
1 bu Carrots
3/4 lb Sugar Snap Peas
1 bu Red Torpedo Spring Onions
1 bu Tokyo Turnips

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:

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: The sugar snaps are at their peak of flavor, sweetness and crispness this week. Enjoy them raw straight out of the bag or chopped in a green salad. The head chef at Bull Valley Roadhouse, rated in the top 100 Bay area restaurants, raved about the flavor and texture of the Tokyo turnips that he bought at the Berkeley Farmers Market last Saturday. Here's a link to an interesting article about ways to cook dandelion greens: <https://www.smithsonianmag.com/arts-culture/what-heck-do-i-do-dandelion-greens-180950389/>. There's about 2-3 weeks of asparagus harvest left, depending on the weather. On the horizon: summer squash in late May/early June, little gem lettuce soon, and cherry tomatoes by early July.

Field Notes: With many summer crops recently transplanted, the rain forecasted for the end of the week - possibly up to 1 inch - will be a hydrating refresher and dust settler. The rainfall is predicted to break records for the average annual rainfall in May in northern California.

CSA Survey: *Thank you* to all our customers who filled out our survey, we love getting your feedback! Everyone who participated was entered into a raffle to receive 2 free CSA boxes; we want to announce that our winner is Lisanne Leask, thank you Lisanne and all our other lovely CSA members, we appreciate you! We'll be reading your responses and making improvements in the coming season!

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 the farm's operations. Thank you for supporting the farm with your continued CSA subscription!

Mei Qing Choy & Peanut Salad

From: <https://www.ooooby.org/recipes/mei-qing-choy-peanut-salad>.

- 1 head Mei Qing Choy, thinly sliced
 - 1 red bell peppers, thinly sliced
 - 2 cucumbers, halved and sliced
 - ½ cup julienned daikon
 - ½ cup honey roasted peanuts
 - ¼ cup stemmed cilantro
 - Peanut Ginger Dressing:
 - 4 tablespoons all-natural peanut butter
 - 1 lemon or lime, juiced
 - 2.5 tablespoons honey
 - 1.5 tablespoons reduced sodium soy sauce
 - 1.5 tablespoons rice vinegar
 - 1.5 teaspoons minced garlic
 - 1.5 teaspoons ginger juice
1. Add all dressing ingredients to a small jar, then seal tightly and shake well until combined.
 2. A splash of water may be needed to help smoothen it out.
 3. Toss the salad ingredients in a salad bowl, then coat evenly with the Peanut Ginger dressing.
 4. Allow it to sit a few minutes to soak up the dressing and flavor.
 5. Add more peanuts and cilantro to garnish, then serve.

Dandelion Salad with Warm Hazelnut Vinaigrette

From: <https://www.epicurious.com/recipes/food/views/Dandelion-Salad-with-Warm-Hazelnut-Vinaigrette-101520>.

- 2 large bunches dandelion greens (about 2 pounds)
 - 1/4 cup hazelnuts
 - 3 garlic cloves
 - 2 tablespoons extra-virgin olive oil
 - 1 tablespoon balsamic vinegar
1. Discard the stems from greens. Cut top 5 inches from greens and reserve. Cut remaining greens into 3/4-inch slices.
 2. Transfer all greens to a large serving bowl. Coarsely chop nuts and finely chop garlic.
 3. In a small heavy skillet cook garlic and nuts in oil over moderate heat, stirring, until garlic is golden. Stir in vinegar and salt and pepper to taste.
 4. Pour hot vinaigrette over greens and toss to combine.

Sautéed Japanese Turnips With Turnip Greens Recipe

From: <https://www.serious-eats.com/recipes/2016/06/japanese-turnips-saute-easy-side-dish-recipe.html>.

- Kosher salt
 - 1 1/2 pounds (675g) Japanese (Tokyo) baby turnips, with green tops
 - 3 tablespoons (45ml) extra-virgin olive oil, plus more for drizzling
 - Freshly ground black pepper
1. Bring a medium pot of salted water to a boil. Meanwhile, cut greens from turnip bulbs, leaving a small portion of stem (less than 1/2 inch) attached to each bulb. Wash leafy greens and turnips well of any sand. Slice each turnip pole to pole into halves.
 2. Add leafy greens to boiling water and cook just until tender, 1 to 2 minutes. Using tongs or a spider, transfer greens to cold water to chill, then drain, squeeze out excess water, and chop into small pieces.
 3. Heat oil in a cast iron, carbon steel, or stainless steel skillet over high heat, just until the first wisps of smoke appear. Add turnip halves, season with salt and pepper, and cook, stirring and tossing occasionally, until well browned in spots, about 3 minutes; lower heat if turnips threaten to burn.
 4. Add chopped greens and toss to combine, cooking just until greens are warmed through, about 1 minute longer. Drizzle with fresh oil, season with salt and pepper, and serve.