



Riverdog Farm

May 14, 2018

Riverdog Farm Veggie Box News

Box Contents:

1 bu. Asparagus
1 bu. Carrots
¾ lb. Sugar Snap Peas
1 bu. Fennel
1-2 hds Bok Choy
1 bu. White Spring Onions
½ lb. Arugula

Check payment for June Deliveries is due by May 31st:

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](#)

Box Notes: We hope everyone enjoyed Mother's Day on Sunday. It was great weather for the Capay Valley Garden Tour. Many people visited the region to view the local flower gardens and farms. We even have a native plant nursery in Guinda. Chamisa Ridge was open last weekend for retail sales. New this week in the veggie box: spring fennel and snap peas! Asparagus may continue for about 2 weeks. Although delayed by the cool weather in March, it has been a great asparagus season.

Field Notes: The conditions have been perfect for transplanting and direct seeding of the fall crops. The organic triticale grain crop we grow for livestock feed is performing very well. We will harvest it in mid to late June. It's taller than in previous years due to the steady rainfall and mild weather this spring. We also grow safflower as an organic feed crop. Growing our own grain helps reduce the cost of purchasing grain from Bar Ale in Williams.

Web Store Highlights: Check your inbox for this month's web-store highlights newsletter!

Case quantity Vegetables available: Peas! Asparagus! Little Gem Lettuce! Loose Carrots and more. Don't miss these sweet seasonal springtime sensations. Get them while you can! Our pastured meats – chicken and pork – are also available via the web store. Riverdog Farm's specialties include our pork sausage (many flavors), whole Poulet Rouge chickens, and bacon cured and smoked by Roundman's Smokehouse in Ft. Bragg. We deliver our meat orders frozen to your CSA delivery site.

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/>.

Asian Chicken Salad with Snap Peas and Bok Choy

From: www.bonappetit.com

Ingredients

2 skinless boneless chicken breast halves (about 1 pound)
5 fresh cilantro sprigs plus 1/3 cup chopped cilantro
1 whole spring onion, plus 1 spring onion, chopped
¾ pound sugar snap peas
2 small heads bok choy, thinly sliced crosswise
1 English hothouse cucumber, quartered lengthwise, thinly sliced crosswise (Seasonal substitution: carrots, match stick or thinly cut on a bias)
1 red jalapeño chili, thinly sliced
1/4 cup ponzu*
2 1/2 tablespoons seasoned rice vinegar
2 1/2 tablespoons vegetable oil
1 tablespoon minced peeled fresh ginger

Instruction:

Fill medium skillet with salted water; bring to boil. Add chicken breasts, cilantro sprigs, and whole green onion; reduce heat to medium and poach chicken until just cooked through, about 20 minutes. Using tongs, transfer chicken to plate; cool. Add snap peas to same skillet; increase heat to high and cook until crisp-tender, about 1 minute.

Drain; rinse snap peas under cold water to cool. Discard whole green onion and cilantro sprigs. Coarsely shred chicken. Toss chicken, chopped cilantro, chopped green onions, snap peas, and next 3 ingredients in large bowl. Whisk ponzu*, vinegar, oil, and ginger in small bowl. Add dressing to salad; toss to coat. Season to taste with salt and pepper.

* Available in the Asian foods section of some supermarkets and at Asian markets.

The Ultimate Carrots

From: www.jamieoliver.com

Ingredients

1 bunch carrots
2 clementines or other available citrus
1 tablespoon red wine vinegar
1 large knob of unsalted butter
½ a bunch of fresh thyme

Method

Peel the carrots, then you can chop, quarter or halve them, but I like to leave them whole with the tops on. Don't worry, this recipe will work however you prep them so just get them ready your favorite way.

Place the carrots in a large, wide pan and just cover with cold water. Add a good pinch of sea salt and a pinch of black pepper, the clementine juice (you can use oranges instead, if you prefer), vinegar and butter.

Bring to the boil and cook for 20 minutes, or until nearly all the liquid has evaporated.

Once the butter starts to glaze the carrots, add the thyme sprigs and reduce the heat to low. Cook for 5 minutes, or until caramelized and delicious.

Tip

These carrots are deliciously caramelized, but if you like them even stickier, add a drizzle of honey just before serving.

Shaved Radish, Fennel and Parmesan Salad

From: www.marthastewart.com

We think this salad would be delicious on top of a bed of Arugula. Also add spring onions if you like a kick and sugar snap peas for added crunch and sweetness.

Ingredients:

2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
2 teaspoons whole-grain mustard
Coarse salt and ground black pepper
1 bulb fennel, cored and thinly sliced, plus 1/4 cup fronds
5 radishes, thinly sliced
3 tablespoons freshly shaved Parmesan

Instruction:

Whisk together oil, lemon juice, and mustard and season with salt and pepper.

Toss dressing with fennel bulb and radishes and adjust seasoning if necessary. Top with Parmesan and fennel fronds.

Baked Eggs and Asparagus with Parmesan

From: kalynskitchen.com

Ingredients:

8 thick asparagus spears, cut on the diagonal into bite-sized pieces
4 eggs, room temperature
2 tsp. olive oil
salt and fresh-ground black pepper to taste
2 T Parmesan cheese

Instruction:

Preheat the oven to 400F/200C and spray two gratin dishes with non-stick spray or olive oil.

Break each egg into a small dish and let eggs come to room temperature while you roast the asparagus. (Starting with the eggs at room temperature is VERY important.)

Cut off the few inches of tough woody part at the bottom of each asparagus spear and discard. Cut the rest of each piece of asparagus on the diagonal into short pieces slightly less than 2 inches long.

Put half the asparagus pieces into each gratin dish and put dishes into the oven to roast the asparagus, setting a timer for 10 minutes.

When the timer goes off after ten minutes, remove gratin dishes from the oven one at a time and carefully slide two eggs over the asparagus in each dish. Put back in the oven and set the timer for 5 minutes.

After 5 minutes (or when the egg white is starting to barely look set), remove gratin dishes one at a time again and sprinkle each with a tablespoon of coarsely-grated Parmesan. Put dishes back in the oven and cook 3 minutes, or until the white is set, the cheese is slightly melted, and the yolk is still soft then you touch it with your finger.

Serve hot. I thought this was delicious just as it is in the photo, and loved the runny yolk on the pieces of asparagus, but you could eat with toast to dip into the egg if you prefer.