



Riverdog Farm

May 20, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 1 lb Asparagus
- 1 bu Red Torpedo Spring Onions
- 1 bu Red Russian Kale
- 1 bu Red Beets
- 1 bu Green Garlic
- 1 bu Oregano
- 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 very cool weather has kept the asparagus harvest steady. Usually by this time of year, the asparagus is starting to slow down. New this week: Red Russian Kale! We're starting to harvest the spring greens. While the weather is still cool, squeeze in a roasted root dish by combining the beets and turnips with asparagus. Roast all 3 together. Cut the beets and turnips into ½ inch square pieces, and the asparagus into 3rds, coat/toss all with olive oil, layer flat on a cookie sheet and sprinkle salt over all. Roast at 350 degrees until all are soft inside/crisp on the outside. You may need to turn/flip the veggies with a spatula about 20 minutes into the roasting time to crisp all sides.

Field Notes: With the recent storm, we received 2 inches of rain! This is very rare for the month of May. The rainfall will give us a respite from moving irrigation pipe for a little while.

Save the Date: Hoes Down Harvest Festival, Saturday October 5, 2019 from 11 am to 11 pm. For ticket and event information visit: <http://hoesdown.org/>.

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!

Mushroom Leek Asparagus Quicne

From: <https://www.garlicandzest.com/mushroom-asparagus-quiche/>.

- 1 9-inch pastry shell
- 8-9 asparagus spears
- 4 teaspoons butter
- 8 ounces mushrooms such as oyster, shiitake and baby bella
- 2 leeks [Or Spring Onions and Green Garlic –RDF note]
- 5 large eggs
- 1/2 cup half and half
- 1/2 cup whole milk
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper freshly ground
- 1/2 teaspoon nutmeg freshly grated
- 1 1/2 cups gruyere cheese grated

1. Preheat the oven to 450°.
2. Roll out the pastry shell to about 11" in diameter. Gently place the pastry into a 9" pie pan and press it into the pan pushing on the sides so they don't slip while baking. Fold any overhanging pastry under and press the edges into a decorative pattern with your thumb and forefinger or by using the tines on a fork. Prick the bottom of the shell several times with the fork. Place a piece of parchment paper over the pastry and fill with pie weights or one pound dried beans.
3. Bake for 8-9 minutes until pastry is set. Remove from oven and set aside.
4. Turn the oven down to 350°.
5. Fill a medium bowl with cool water and ice. Set aside.
6. Bring a shallow pot of water to a boil. Trim the asparagus spears, getting rid of the tough bottom of the stem and reserving the top portion in 2-3 inch pieces. With the middle portion of the stem, slice them into 1/4" rounds. When the water comes to a boil, transfer the asparagus to the boiling water for two minutes to blanch it.
7. Use a slotted spoon or spider to transfer the asparagus to the ice bath to stop the cooking and shock it. Set aside.
8. Add two teaspoons of butter to a pan with a sprinkle of kosher salt and saute the mushrooms for 3-5 minutes over medium high heat or until tender and lightly brown. Transfer mushrooms to a small bowl.
9. Add the remaining two teaspoons butter to the same skillet and saute the leeks over medium heat until they soften and become translucent, about 5 minutes. If you have a lid for the pan, place the lid on for a minute or so to assist in softening the vegetable (this has a steaming affect). When the leeks are softened, remove the pan from the heat and add the mushrooms back to the skillet.
10. Drain the asparagus and pat dry with paper towels. Reserve the tips. Add the asparagus rounds and gruyere cheese to the mushroom mixture. Stir to combine.
11. In a medium bowl, whisk the eggs until frothy. Add the half and half, milk, salt, pepper and nutmeg. Whisk to combine. Add the vegetable mixture to the eggs and stir until well combined. Pour the filling into the pie shell.

12. Place the dish on a baking sheet and set in the hot oven. Place a piece of tin foil over the top of the quiche and bake for 45 minutes. Remove the foil and continue to bake for another 20-25 minutes or until the quiche is set. Remove from oven and let stand at least 10 minutes before serving.
13. Quiche can be made a day ahead of time, covered and stored in the refrigerator and reheated in a 300° oven for 20-25 minutes.

Cold Sesame Noodles with Broccoli and Kale

From: <https://www.bonappetit.com/recipe/cold-sesame-noodles-with-broccoli-and-kale>.

- 1 large head of broccoli, cut into large florets with some stalk attached
 - 2 garlic cloves, 1 finely grated, 1 thinly sliced, divided
 - 1½ teaspoons sambal oelek
 - 1 tablespoon plus ½ cup sherry vinegar or red wine vinegar, divided
 - ¾ cup vegetable oil, divided
 - 1 teaspoon kosher salt, plus more
 - ¼ teaspoon freshly ground black pepper, plus more
 - 3 scallions, green parts only, thinly sliced, plus more for serving
 - 1 3-inch piece ginger, peeled, cut into 1-inch matchsticks
 - 4 cups chopped Tuscan kale leaves
 - 2 10-ounce packages fresh ramen noodles or two 3-ounce packages dried
 - Torn mint leaves and toasted sesame seeds (for serving)
1. Preheat oven to 450°. Toss broccoli with grated garlic, sambal oelek, 1 Tbsp. vinegar, and ¼ cup oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until tender and browned in spots, 20–25 minutes.
 2. Meanwhile, whisk scallions, ginger, sliced garlic, 1 tsp. salt, ¼ tsp. pepper, and remaining ½ cup vinegar and ½ cup oil in a large bowl. Add kale; toss to coat. Let sit at room temperature at least 15 minutes and up to 1 hour.
 3. Cook noodles according to package directions. Drain; rinse under cold water. Add noodles and warm broccoli to kale and toss to coat. Divide among bowls and top with mint, sesame seeds, and more scallions.