



Riverdog Farm

May 21, 2018

Riverdog Farm Veggie Box News

Box Contents:

1 bu. Asparagus
1 bu. Carrots
¾ lb. Sugar Snap Peas
2 hds. Batavia Lettuce
1 bu. Curly Kale
1 hd. Green Cabbage
.5 lb. Broccoli
1 bu. Green Garlic

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: Broccoli, Batavia head lettuce and green cabbage are back! This week's veggie box is packed with springtime. All the bright green, sweet and crunchy veggies. Broccoli, and other brassicas like kale and cabbage are high in vitamins K, A and C. This will be one of the last weeks for asparagus and possibly peas as well, so enjoy them while they are here and order a case through the web-store if you haven't already for your freezer.

Field Notes: Today's high temperature was 87. It feels like the beginning of summer. Temperatures should be up in the nineties next week. We welcome the ease into summer temperatures that we have experienced this spring and hope it continues as long as possible. The transplanting and trellising of tomatoes continues daily. Our tractor drivers are busy cultivating. We hope to begin new potato harvest this week, you can look forward to them in the boxes soon!

Upcoming Valley Events:

Catch Creek Lavender Festival:

JUNE 9 - 10, 2018

3430 MADRONE STREET
RUMSEY, CA 95679

A weekend of family fun in the fields! Harvest your own lavender, taste wines from Capay Vineyard, enjoy lavender ice cream & lemonade, listen to live music. Free admission

Web Store Highlights:

Case quantity Vegetables available: Peas! Asparagus! Little Gem Lettuce! Loose Carrots and more. 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.

Follow this link to our online store to see all of the farm direct products you can add to your csa delivery this week:

<https://csa.farmigo.com/store/riverdogfarmcsa>

Cabbage, Carrot and Kale Latkes

From: <https://cooking.nytimes.com/recipes>

These latkes are nutrient-dense, packed with health promoting sulfur compounds as well as vitamins K, A, C, and manganese, tryptophan, calcium, copper, vitamin B6, iron, and potassium. In order for this mix to hold together it requires a little more egg and flour; I use a combination of cornmeal, all-purpose and buckwheat.

Ingredients

5 cups finely shredded cabbage (about 1 1/4 pounds, or half of a small cabbage)
2 cups finely chopped purple kale or curly kale
7 to 8 ounces carrots, peeled and grated (about 1 1/2 cups)
1/2 cup chopped cilantro
1 Serrano chili, seeded and minced
1 teaspoon baking powder
Salt to taste
2 teaspoons cumin seeds, lightly toasted and coarsely ground or crushed
3 tablespoons oat bran
3 tablespoons all-purpose flour
3 tablespoons cornmeal
2 tablespoons buckwheat flour
3 eggs, beaten
About 1/4 cup canola, grape seed or rice bran oil

Preparation

-Heat the oven to 300 degrees. Line a sheet pan with parchment. Place a rack over another sheet pan.
-In a large bowl mix together the cabbage, kale, cilantro, chili, baking powder, salt, cumin, oat bran, flour, cornmeal and buckwheat flour. Taste and adjust salt. Add the eggs and stir together. Let the mixture sit for 10 to 15 minutes, then stir again.
-Begin heating a large heavy skillet over medium heat. Take a 1/4 cup measuring cup and fill with 3 tablespoons of the mixture. Reverse onto the parchment-lined baking sheet. Repeat with the remaining latke mix. You should have enough to make about 20 latkes.
-Add the oil to the pan and when it is hot (hold your hand a few inches above – you should feel the heat), slide a spatula under one portion of the latke mixture and transfer it to the pan. Press down with the spatula to flatten. Repeat with more mounds. In my 10-inch pan I can cook four at a time without crowding; my 12-inch pan will accommodate four or five. Cook on one side until golden brown, about three to four minutes. Slide the spatula underneath and flip the latkes over. Cook on the other side until golden brown, another three minutes. Transfer to the rack set over a baking sheet and place in the oven to keep warm.
-Serve hot topped with low-fat sour cream, Greek style yogurt or crème fraîche.

Asparagus with Young Garlic and Horseradish

From: <https://food52.com/recipes>

Ingredients:

Salt
1 head young garlic (with a few inches of stem), or 2 garlic scapes
1 pound asparagus, trimmed and washed
2 teaspoons freshly grated horseradish root
1 tablespoon olive oil
Half a lemon

Instruction

-Bring a large pot of generously salted water to a boil. While it heats, trim the root end of the garlic; if it has a stem, cut it 4 inches from the bulb, then slice the bulb and stem in half lengthwise. Remove any tough outer skin. Lay each half cut-side-down and slice as thinly as possible (if using garlic scapes, also slice as thinly as possible). Gather up the garlic in a bowl, season with coarse salt and work the salt into the sliced garlic using your fingers. Your fingers will smell of garlic -yes! -and it's a nice spring-like aroma. Let sit for at least 10 minutes.

-When the water boils, add the asparagus and cook for 2 minutes. Drain and plunge into a bowl of ice water to stop the cooking. Drain and dry the asparagus spears, then cut thinly (1/4-inch) on the bias. Arrange the asparagus on a platter (or individual plates). Sprinkle the garlic over the asparagus. Drizzle some oil over the asparagus -- it's ok if it pools a little, especially if it's good oil. Using a vegetable peeler, scrape away about 1 inch of the horseradish skin from the end of the root; give it a rinse. Grate the white root over the asparagus -- about 2 teaspoons of horseradish. Season with more salt, if needed, and serve with lemon wedges.

Batavia Lettuce, Snap Pea Salad with Broccoli and Meyer Lemon

Adapted From: <http://www.myrecipes.com>

Ingredients

1 Meyer lemon
1 1/4 pounds mixed whole small lettuces (4 to 6 in. long), ends trimmed; or use 10 oz. salad mix
Meyer Lemon Cream Salad Dressing (recipe below)
1 cup sugar snap peas, thinly sliced on a diagonal
1/2 lb. Spring Broccoli, head sliced into bite sized florets, stem peeled and sliced into rounds
3/4 cup thinly sliced radishes
1/2 cup torn fresh mint leaves

Instruction

-Very thinly slice lemon crosswise, using a handheld slicer and removing seeds with a knife tip as you go. Discard ends.
-Toss lettuces in a large bowl with about 1/2 cup dressing. Add snap peas, radishes, broccoli and a little more dressing and toss again. Arrange salad on chilled plates and tuck in lemon slices and mint. Serve with more dressing if you like.

Lemon Cream Salad Dressing

Ingredients:

2 Tablespoons finely diced shallot or fresh red onion
1/4 Cup lemon juice
3/4 teaspoon kosher salt
1/2 cup olive oil
Fresh ground pepper
1/3 cup cream, dairy substitute or buttermilk

Instruction:

Put shallot, lemon juice, and 1/4 tsp. salt in a small bowl and let stand 5 minutes. Whisk in oil, then whisk in 1/2 tsp. more salt, 1/8 tsp. pepper, and the cream. Taste and add more salt and pepper if you like. Stir before using.