



Riverdog Farm

May 27, 2019

Riverdog Farm Veggie Box News

Box Contents:

- 1 lb Asparagus
- 1 bu Carrots
- 1 bu Chives
- 1 bu Red Beets
- 1 bu Red Torpedo Onions
- 1 bu Tokyo Turnips
- 2 hds Batavia Lettuce
- 1/2 lb Mei Qing Choi

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: Late May rains are incredibly rare in our region. We had over an inch of rain during this past weekend in May. It's helping keep the crops hydrated but also slows down summer crop growth. We're still hoping to see the first ripe cherry tomatoes in early July. This week's box offers the first of the head lettuce: it's one of our favorite varieties called Batavian Lettuce, a mild type that is like a cross of butterhead and iceberg lettuce.

Field Notes: The soil is not too wet for field and bed prep so the farm's tractor experts are out in full force discing, making beds and cultivating (weeding with a tractor mounted implement) the young crops. We planted sweet corn this year since we had plenty of rain. It's coming up uniformly in the fields and should be ready in late July. This is also the time of year when we order our winter squash seed and get it into the ground so planning is happening for quantities of butternut, kabocha, spaghetti squash, delicata, and all the other tasty, vitamin packed winter squash varieties that we grow.

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 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!

Grilled Red Torpedo Onions

From: <http://www.breezywillowfarm.com/recipe/grilled-red-torpedo-onions>.

- 1 bunch Italian Red Torpedo onions
 - 1/4 cup olive oil
 - 1 tablespoon balsamic vinegar
 - Sea salt, to taste
 - Freshly ground pepper, to taste
1. Cut the green tops from onions and discard. Remove outer skin if it's dry or damaged. Trim the stem end, but don't remove it entirely or the onion will peel apart. If your torpedo onions are large, cut them in half lengthwise.
 2. Mix together the olive oil, vinegar, and a sprinkling of salt and freshly ground pepper. Place the onions on a tray or platter and brush liberally with this mixture.
 3. Grill over a low, slow heat so that the onions have a chance to caramelize. Brush with the oil and vinegar mixture once or twice during the grilling process. It will take about 30 to 40 minutes to completely cook the onions. Serve warm.

Moroccan Grated Carrot and Beet Salad Recipe

From: https://www.simplyrecipes.com/recipes/moroccan_grated_carrot_and_beet_salad/.

- 2 cups of grated carrots (from about 3 carrots)
- 1 cup of grated fresh beets (from about 1 medium sized peeled beet)
- 1/2 cup golden raisins
- 1/2 teaspoon paprika (sweet, not hot)
- 1/4 teaspoon ground cumin
- 1/4 teaspoon cinnamon
- Small pinch of salt
- Small pinch of cayenne
- 2 Tbsp lemon juice
- 2 teaspoons honey
- 2 Tbsp sliced fresh mint leaves

[RDF Note: add some chopped chives to add an allium twist to this flavorful dish]

1. Rinse the grated beets, combine with carrots and raisins: Place the grated carrots in a medium sized serving bowl.
2. Place the grated beets into a sieve and briefly rinse with cold water. This will rinse away a little of the excess beet juice that may otherwise color the whole salad beet red. Pat dry with a paper towel.
3. Then add to the bowl with the carrots. Add the raisins. Stir to gently combine.
4. Make the dressing: In a small bowl, whisk together the paprika, cumin, cinnamon, salt, and cayenne. Then add the lemon juice and honey and whisk until smooth.
5. Dress the carrots and beets, let sit for an hour: Drizzle over the the carrots and beets, then gently fold until the carrots and beets are lightly coated. Let sit for an hour before serving, either chilled or at room temperature, for the dressing to seep into the carrots and beets.
6. Stir in sliced mint before serving: Right before serving, stir in a couple tablespoons of sliced fresh mint leaves. Garnish with fresh mint.