



Riverdog Farm

May 28, 2018

Riverdog Farm Veggie Box News

Box Contents:

1 bu. Asparagus
1 bu. Fennel
¾ lb. English Shelling Peas
¾ lb. Little Gem Lettuce
1 bu. Italian Parsley
1 bu. Red Beets
1 bu. Dino Kale

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: This will be the last week for asparagus. A few cases are still available for purchase in the web store if you haven't had enough to satisfy your local asparagus craving for the year. The English shelling peas are best taken out of the pod as the pods are too fibrous to eat. They are great eaten raw in a salad, straight out of the bowl or slightly cooked (steamed or heated with pasta). Add a bit of chopped parsley to the pasta and peas and you have a tasty spring meal. This week's beets are the first harvest from our spring planting of beets. Both the roots and the tops are edible and delicious. Steam or braised the beet greens like you'd cook spinach. This is likely the last of fennel for some time. The bulbs have begun to flower do to the heat this past weekend. The flavor of the fennel bulb is stronger when nearing the flowering stage of its life cycle and so delicious, though flowering fennel can use some added cooking time to soften it. I love grilling the elongated bulbs on low heat for a good 25 minutes and finishing with a drizzle of balsamic reduction.

Field Notes: The greenhouses are full of melon starts and the last seeding of tomato plants. We will soon begin to seed the fall crops of kale, chard, fennel, broccoli and cauliflower in trays in the greenhouse. The plastic that covers the greenhouse during the colder winter months will be replaced with shade cloth, creating a cooler microclimate for the fall crop seedlings. Temperatures are nearing 100 degrees here today. See the recipes below for our favorite salads of the season.

Web Store Highlights:

Case quantity Vegetables available: **Last call for Asparagus!** Little Gem lettuce, loose carrots and more. Get them while you can!
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. 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>

Upcoming Valley Events:

Cache 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.

Fennel and Asparagus Salad with Citrus Vinaigrette

From: <http://www.italianfoodforever.com>

Ingredients

2 Large Fennel Bulbs
1 Bunch Thin Asparagus Spears (See Notes Above)
1/2 Cup Shaved Pecorino Romano Cheese
1 Cup chopped flat leaf parsley

Dressing:

Juice of 1 Lemon
6 Tablespoons Extra Virgin Olive Oil
Salt & Pepper
1 Teaspoon Chopped Fresh Thyme

Optional

Chopped Boiled Eggs

Instruction

Core the fennel bulbs, then use a sharp knife or mandolin to slice thinly. Cut the tips off the asparagus, and cut the stems in half, then into 2 inch pieces. Place the prepared fennel and asparagus in a bowl with chopped flat leaf parsley. In a small bowl, whisk together the lemon juice, olive oil, thyme, salt and pepper. Pour the dressing over the vegetables and toss to coat. Arrange the salad on a platter, then top with the shaved cheese, and optional chopped egg if using.

Kale Caesar Salad with Roasted Garlic Dressing

From: <https://cupofjo.com>

Ingredients

1 bunch dinosaur or lacinato kale
1/4 cup coarse fresh breadcrumbs or croutons
1 tbsp. olive oil
1/4 cup finely grated Parmesan cheese, plus extra for sprinkling over salad
1/2 cup roasted garlic Caesar dressing (recipe follows)

Instruction

Remove the thick stalks from the center of the kale. Pile the leaves on top of one another and roll together into a cigar. Cut the kale into thin ribbons. Preheat the oven to 400F. Toss the breadcrumbs together with the olive oil in a small mixing bowl and spread in an even layer on a parchment-lined baking sheet. Toast in the oven until golden brown and crisp, about 5 minutes. In a large mixing bowl, toss the kale together with the dressing. Add the Parmesan cheese and toss again. Divide among four plates, and top with the breadcrumbs, plus a bit more cheese, if you'd like.

Roasted Garlic Caesar Dressing (makes about 3/4 cup):

1 head garlic
Olive oil
Juice of 1 lemon (about 1/4 cup)
1 tbsp. capers
2 anchovy filets
2 tsp. Dijon mustard
1/2 tsp. salt

Instruction

Preheat the oven to 400F. Remove the outer layers from the head of garlic so the individual cloves are exposed. Chop off the top 1/4 inch of the head so you can see the raw cloves within their skins. Place on a 9x13 sheet of foil, drizzle with olive oil, and wrap so the packet is tightly sealed. Roast in the oven for 30 minutes, until the cloves are soft to the touch. Remove from the foil packet and allow to cool. When cool enough to touch, squeeze the cloves out of their skins and add to a food processor. Puree the garlic along with the lemon juice, mustard, salt, and 1/3 cup olive oil. Taste and add

more oil as necessary to reach the consistency you like. (This should be a thick dressing, with a punch of acidity.) Store in an airtight container for up to 2 weeks.

Roasted Beets with Cumin and Mint

From: <https://www.epicurious.com>

Ingredients:

1 tablespoon fresh lemon juice
1 teaspoon cumin seeds, toasted and lightly crushed
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons extra-virgin olive oil
3 medium beets (1 1/4 pound total without greens), trimmed, leaving 1 inch of stems attached
1/3 cup fresh mint, coarsely chopped

Preparation:

Stir together lemon juice, cumin seeds, salt, and pepper in a medium bowl. Stir in oil and let stand while roasting beets. Put oven rack in middle position and preheat oven to 425°F. Tightly wrap beets in a double layer of foil and roast on a baking sheet until tender, 1 to 1 1/4 hours. Cool to warm in foil package, about 20 minutes. When beets are cool enough to handle, peel them, discarding stems and root ends, then cut into 1/2-inch-wide wedges. Toss warm beets with dressing. Stir in mint just before serving.

Charred gem salad with peas, asparagus, lardons, pea shoots and smoked garlic aioli

From: <http://www.tastebudsmagazine.co.uk>

Ingredients:

2 heads of baby gem lettuce, quartered
Cooking oil
Salt and pepper
Bunch of asparagus
Large handful of fresh peas in the pod
Packet of smoked lardons
Packet of pea shoots
For the aioli
2 fat cloves of smoked garlic
2 egg yolks
Juice of 1/2 a lemon
Salt and pepper to taste
50ml olive oil

Instruction:

Put a pan of water on to boil. Heat a chargrill or the bbq until hot. Lightly oil the baby gem quarters and season with salt and pepper. Char the lettuce on both sides until you have a nice color. Meanwhile, snap the woody ends off the asparagus and pod the peas. Slice the asparagus on an angle into three or four pieces. Cook the asparagus and peas in the water for a couple of minutes, or until the tip of a knife goes through a piece of asparagus. Drain and refresh under cold water. Pat dry the asparagus with kitchen paper. Heat a small pan and cook off the lardons until crispy. To make the aioli, add the garlic and yolks into a small processor. Add the lemon juice and season with salt and pepper. Blitz together, then slowly drizzle in the olive oil. Once combined, check the seasoning. This will be a sharp, punchy dressing for the salad so you may find it very strong on its own.

Once everything is cooked, arrange the pea shoots on some plates, add the charred lettuce and scatter over the remaining ingredients. Drizzle over the dressing.