



Riverdog Farm

June 3, 2019

Riverdog Farm Veggie Box News

Box Contents:

1 lb Asparagus
1 bu Carrots
1 bu Chioggia Beets
1 bu Spring Onions
1 bu Rosemary
1/2 lb Bok Choy
1/4 lb Baby Lettuce
1 bu Collard Greens

Payment by check is due by June 30 for July Deliveries:

Tuesdays: \$120
Wednesdays: \$120
Thursdays: \$96
Fridays: \$96
Sat/Sun: \$96

Thank you for your payment if already sent!

Quarterly Payment Schedule:

3rd Quarter
July/August/September
\$312

Annual Payment
\$1,152
(This amount includes 2 free boxes!)

To view the 2019 payment schedule visit:
[2019 Payment Schedule](#)

Box Notes: Chioggia beets are a pink and white concentrically striped beet with a mild, sweet flavor. They make a beautifully colorful, scrumptious salad. Cook then slice, then toss with a vinaigrette dressing, add salt and pepper and thinly sliced spring onions, chill and top with crumbled goat cheese. Beets make a great cold salad for this upcoming wave of heat that's forecasted for the end of the week. Tip: When boiling Chioggia beets, add a splash of lemon juice or white vinegar to keep their color from fading.

Field Notes: Our potato crop will soon be ready, in about 2 weeks. We'll be harvesting some of the spud crop early, when the skin is not yet set, as "new" potatoes. Then the rest of the crop will be harvested over time as needed with set skins. We're looking forward to offering these new items in June: potatoes, summer squash, cucumbers, and green beans.

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!

Collard Greens with Caramelized Onions

From: <https://jessicaseinfeld.com/recipes/collard-greens-with-caramelized-onions>.

- 1 large yellow onion, sliced
 - 2 cloves garlic, chopped
 - 2 tablespoons extra virgin olive oil
 - 3/4 teaspoon kosher salt (1/2 tsp. + 1/4 tsp.)
 - 3 tablespoons cider vinegar
 - 1/4 teaspoon crushed red pepper
 - 1/4 teaspoon freshly ground black pepper
 - 1 bunch collard greens
 - 1/4 cup water
1. Peel the onion and slice it into half moons. Chop the garlic.
 2. Place a large pot on the stove and turn the heat on to medium. Add the oil and heat until it shimmers (about 1 minute). Add the sliced onion and 1/2 teaspoon of the salt, stir, then cover with a lid. Cook, stirring occasionally, for 5 minutes. Remove the lid and add the garlic. Cook, stirring often, uncovered, until tender and light golden brown, 5 to 7 minutes more.
 3. Meanwhile, stack several collard leaves together. Starting at the leafy end, slice 1-inch strips crosswise until you reach the stems. Discard the stems and add the cut leaves to a salad spinner. Repeat with the remaining leaves. If the leaves are particularly large, first slice them lengthwise down the middle then crosswise into strips. Rinse the leaves and spin dry.
 4. Once the onion is golden brown, stir in the vinegar, red pepper, and black pepper (about 12 turns on pepper mill). Add the collard greens and use tongs to toss with the onion and garlic. Add the water, cover, and cook, stirring occasionally, until the collards are tender, 10 to 12 minutes. Stir in the remaining 1/4 teaspoon salt. Serve.

Rosemary Roasted Carrots

From: <https://ohmyveggies.com/recipe-rosemary-roasted-carrots/>.

- 2 bunches of small carrots (about 24), peeled
- 1 tbsp. olive oil
- 1 tbsp. minced rosemary
- salt and pepper

Preheat oven to 400°F. Toss the carrots with olive oil on a rimmed baking sheet. Sprinkle with rosemary, salt & pepper. Bake 20-25 minutes or until tender.

Cream of Asparagus Soup

From: <https://www.epicurious.com/recipes/food/views/cream-of-asparagus-soup-creme-dasperges-104746>.

- 2 pounds green asparagus
 - 1 large onion, chopped
 - 3 tablespoons unsalted butter
 - 5 to 6 cups chicken broth
 - 1/2 cup crème fraîche or heavy cream
 - 1/4 teaspoon fresh lemon juice, or to taste
1. Cut tips from 12 asparagus 1 1/2 inches from top and halve tips lengthwise if thick. Reserve for garnish.
 2. Cut stalks and all remaining asparagus into 1/2-inch pieces.
 3. Cook onion in 2 tablespoons butter in a 4-quart heavy pot over moderately low heat, stirring, until softened. Add asparagus pieces and salt and pepper to taste, then cook, stirring, 5 minutes. Add 5 cups broth and simmer, covered, until asparagus is very tender, 15 to 20 minutes.
 4. While soup simmers, cook reserved asparagus tips in boiling salted water until just tender, 3 to 4 minutes, then drain.
 5. Purée soup in batches in a blender until smooth, transferring to a bowl (use caution when blending hot liquids), and return to pan. Stir in crème fraîche, then add more broth to thin soup to desired consistency. Season with salt and pepper. Bring soup to a boil and whisk in remaining tablespoon butter.
 6. Add lemon juice and garnish with asparagus tips.

Cooks' Note

Soup keeps, covered and chilled, 2 days. If making ahead, add last tablespoon butter and lemon juice after reheating.