



Riverdog Farm

April 15, 2019

# Riverdog Farm Veggie Box News

## Box Contents:

- 1 lb bu Asparagus
- 1 bu Red Beets
- 1 bu Spinach
- 1 bu Carrots
- ¼ lb Snow Peas
- 1 bu Tokyo Turnips
- 1 bu Leeks

## Payment by check is due by April 30 for May Deliveries:

- Tuesdays: \$96
- Wednesdays: \$120
- Thursdays: \$120
- Fridays: \$120
- Saturdays: \$96

## Thank you for your payment if already sent!

## Quarterly Payment Schedule:

- 2<sup>nd</sup> 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:** Spring has sprung! The golden California poppies have unfurled themselves along the eastern slopes of the Blue Ridge mountain range. The combination of last year's wildfire and prolonged rain season has created a potent cocktail for vegetative fertility in the wildlands of the region. The Capay Valley is experiencing its own mini super bloom. Check out Bear Valley in May for the incredible wildflower display:

<http://tuleyome.org/trails/bearvalleyroad/>.

**The scoop on the re-usable gray plastic totes:** When you pick up your veggie box, please check it for a white sticker label (either on the sides/ends and/or top). If it has a white sticker label with someone's name on it, then it has add-ons and is a special order for someone else. Be sure to take a veggie box without a white label if you are picking up a veggie box without add-ons. Please return the tote to your drop site the following week or bring an empty bag to transfer the items into the same day that you pick up. Thank you for returning the totes to your drop site for re-use!

**Spring Hams:** Place your order for holiday hams! The whole hams are \$11 per lb and average about 8 lbs. The hams come frozen (we can thaw the ham prior to delivery by request) delivered to a CSA drop site or one of the farmers markets we attend (3 in Berkeley and 1 in Sacramento). Email the farm at [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com) to place your order or visit <https://csa.farmigo.com/store/riverdogfarmcsa>. The deadline to order for Easter delivery, to be picked up at the Saturday Berkeley Farmer's Market, is April 18, 2019. For ham deliveries to the CSA drop sites, please place your order by Friday, April 12, 2019.

## Capay Valley Garden Tour

Visit the gardens of the Capay Valley! Come join in the delight of spring flowers, strolling through many of the Valleys' finest gardens. Talk to the gardeners themselves and learn the secrets of their success. New gardens have been added this year as well as several points of interest along the drive through the valley. Many of the gardens are also showcases for agricultural production in the Capay Valley. You are welcome to picnic in the gardens – **delicious box lunches will be for sale** at the Guinda Grange Hall using local ingredients. Art and plants will also be for sale at the Grange Hall.

There is a [wonderful line up of workshops](#) this year at some of the locations. Each workshop is \$10. Take home a bouquet, or a plant for your garden to commemorate this Mothers Day.

All proceeds from this tour will go towards establishing and enhancing public garden projects in the communities of Esparto and the Capay Valley, including the historic [Guinda Grange Hall](#)'s restoration project. Thank you for helping keep the Capay Valley beautiful! Please leave all furry friends at home.

To learn more about the annual garden tour visit: <https://www.thecapayvalleygardentour.com/>.

## 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 get the next growing season going. Thank you for supporting the farm with your continued CSA subscription!

*Here's a recommended recipe from the farm for preserving asparagus. Place an order for an 11 lb case to make this pickling recipe and have a few extra bunches to enjoy grilled, steamed, sautéed or added to a frittata/quiche.*

## Pickled Asparagus

From: The Best Ball Home Canning and Preserving Recipes, page 68 (this recipe is actually from a book!!)

Makes about 6 (1-1/2-Pt./750 ML) Jars

- 5 cups white vinegar (5% acidity)
  - 1 qt water
  - 2/3 cup sugar
  - 1/2 cup Ball salt for pickling and preserving
  - 4 tsp. dried crushed red pepper
  - 2 tsp pickling spice
  - 7 lbs fresh asparagus
  - 12 fresh dill sprigs
  - 6 garlic cloves, crushed
  - Ball Pickle Crisp (optional)
1. Bring first 6 ingredients to a boil in a 3 qt stainless steel or enameled saucepan over medium high heat, stirring until sugar and salt dissolve.
  2. Rinse asparagus. Cut spears into 5 inch lengths to fit jars, discarding tough ends. Place 2 dill sprigs and 1 garlic clove into a hot jar. Tightly pack asparagus, placing cut ends downward, in jar leaving 1/2 inch headspace. Add 1/8 tsp Ball Pickle Crisp to jar if desired. Ladle hot pickling liquid over asparagus, leaving 1/2 inch of headspace. Remove air bubbles. Wipe jar rim. Center lid on jar. Apply band and adjust to fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.
  3. Process jars 10 minutes, adjusting for altitude. Turn off heat. Remove lid and let jars stand 5 minutes. Remove jars, and cool.

## Sautéed Japanese Turnips With Turnip Greens Recipe

From:

<https://www.serious-eats.com/recipes/2016/06/japanese-turnips-saute-easy-side-dish-recipe.html>.

- Kosher salt
  - 1 1/2 pounds (675g) Japanese (Hakurei) baby turnips, with green tops
  - 3 tablespoons (45ml) extra-virgin olive oil, plus more for drizzling
  - Freshly ground black pepper
1. • Bring a medium pot of salted water to a boil. Meanwhile, cut greens from turnip bulbs, leaving a small portion of stem (less than 1/2 inch) attached to each bulb. Wash leafy greens and turnips well of any sand. Peel turnips. (You can also leave the turnip skin on, as it's edible, in which case, just wash and scrub them extra well.) Slice each turnip pole to pole into 4 to 6 wedges of 1/2 inch thick each.
  2. Add leafy greens to boiling water and cook just until tender, 1 to 2 minutes. Using tongs or a spider, transfer greens to cold water to chill, then drain, squeeze out excess water, and chop into small pieces.
  3. Heat oil in a cast iron, carbon steel, or stainless steel skillet over high heat, just until the first wisps of smoke appear. Add turnip wedges, season with salt and pepper, and cook, stirring and tossing occasionally, until well browned in spots, about 3 minutes; lower heat if turnips threaten to burn.
  4. Add chopped greens and toss to combine, cooking just until greens are warmed through, about 1 minute longer. Drizzle with fresh oil, season with salt and pepper, and serve.