

Riverdog Farm Veggie Box News
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March 23, 2009
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Box Contents:

2-3 heads Baby Lettuce
1 bu Purple Carrots
1 bu Carrots
1 bu Red Chard
1 bu Red Spring Onions
1 bu Asparagus
1-2 pieces Fennel
1 bu Spinach
1 bu Chives

Field Notes: Tomato starts are heading out to the field this week. It signals the beginning of the busy season. Part of the challenge is that tomato transplanting occurs during the same span of weeks as asparagus and pea harvests, time consuming, hand-picking endeavors. Moreover, tomatoes are just the beginning: peppers, eggplants, green beans, melons, cucumbers, and summer squash will be planted in the coming weeks. Did I mention we're also transplanting spring chard? For our tractor operators, Manuel, Santos, Brian MacD, Diego, and Miguel, it's their time to shine. And really, the sight of tractors, chopping, disking, and tilling in preparation for summer crops, is exciting for all of us on the farm.

Box Notes: Asparagus has returned! It's a definitive mark of spring. A major perk of living on the farm this time of year is a daily dose of asparagus. We've been eating a bunch a day. Lucky for me, our daughter doesn't like the tips. I prefer the tips. She prefers the wider end of the stalk. We trade tips for stalks. Try sautéing the red spring onions, then place the asparagus spears on top of the onions and heat, turning with tongs, until they turn a brighter green and become tender. Sprinkle with salt and lemon. Scrumptious!

Riverdog Farm has new Blogs! Check out *Riverdog Farm Hog Blog* (riverdoghog.blogspot.com) and *Riverdog Farm Coop Scoop* (riverdogfarm.blogspot.com) and take a look at our pastured livestock operations! The blogs have information and photos about our pastured hogs and laying hens.

Events Announcement

Bringing Back the Natives Garden Tour will be Sunday May 3, 2009 from 10:00 am to 5:00 pm throughout the East Bay. To register for the free tour and to learn more about the event visit: www.bringingbackthenatives.net.

Locally, there will be a *Capay Valley Country Gardens Tour* from 11:00 am to 4:00 pm on Sunday May 10, 2009. Tickets are available at Capay Valley Vision in Esparto, the Corner Store in Guinda, Hayes Feed in Woodland, The Davis Art Center in Davis and Steady Eddy's in Winters. For more information call: 530-796-3464.

Payment Reminder: The veggie box price is \$20 per week. The Second Quarter / April payment is due by March 27, 2009.

Monthly payment for five **Wednesday / Thursday** deliveries in April is \$100.

Monthly payment for four **Friday** deliveries in April is \$80.

Quarterly payment for the **second quarter** of 2009, 13 weeks of deliveries from April through the end of June, is \$260.

If you have any questions about your account status, please email us at csa@riverdogfarm.com or call (530) 796-3802.

Please check the "Ordered-Through" column on the sign-out sheet. If the printed date in the column is earlier than the end of the month, your payment for the remainder of the current month is due by the printed date. Without timely receipt of payment, deliveries might be interrupted.

Riverdog Farm Pastured-Pork: Currently, each pork share includes two complementary packs of Riverdog Hog sausages. Each pork share is \$6 per pound. Shares range from 35 to 40 pounds and include an assortment of cut-and-wrapped ribs, loin chops, Boston Butt steaks, ham roasts, sirloin chops, tenderloin, ham hocks, and picnic shoulder. Each share is packed into a cardboard box (the same sized box as the ones in which the veggies are packed) and delivered frozen to your pick-up location. To request a detailed list of availability or to place an order, email us at csa@riverdogfarm.com or call (530) 796-3802. Riverdog Farm pork is not certified organic. *Shares are available to Mountain Bounty customers for farm pick-up in Guinda.*

Grilled Asparagus from: Gourmet | June 2000

<http://www.epicurious.com/recipes/food/printerfriendly/Grilled-Asparagus-103567>

Asparagus is a star of the season, as a side dish to any main course - chicken, fish, pork, beef, or lamb - or as a salad topped with a squeeze of lemon juice.

Active time: 15 minutes

Start to finish: 30 min

Yield: Makes 4 servings

1½ lbs medium asparagus (24), trimmed 2 tablespoons extra-virgin olive oil

Kosher salt

Special equipment: 8 (6-inch) wooden skewers, soaked in warm water 10 minutes

Prepare grill. Divide asparagus into 4 bunches. Align each bunch in a flat row and thread 2 skewers crosswise through each bunch (see photo, above). Brush asparagus with oil and season with kosher salt. Grill asparagus on an oiled rack set 5 to 6 inches over glowing coals until tender, 3 to 5 minutes on each side.

Cooks' notes: The parallel skewers make it easier to turn the asparagus. If outdoor grilling isn't an option, asparagus may also be grilled in a well-seasoned ridged grill pan over moderately high heat.

Asparagus and Scallops from *Simply Organic* by Jesse Ziff Cool, Chronicle Books, 2008

Serves 4

3 tablespoons extra-virgin olive oil

3 tablespoons fresh lime juice

2 tablespoons sugar

2 garlic cloves, minced

1 whole canned chipotle chile pepper, puréed or minced

3 tablespoons finely chopped fresh cilantro **1 pound sea scallops**

¾ cup yellow cornmeal

1 teaspoon ground coriander

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1 pound asparagus, trimmed

2 tablespoons unsalted butter

Lime wedges for garnish

In a small bowl, combine the oil, lime juice, sugar, garlic, chile pepper, and cilantro. Let sit for at least 30 minutes. Remove and discard the tough muscle from the scallops. In a small bowl, combine the cornmeal, coriander, salt, and black pepper. Toss the scallops in the cornmeal mixture and set aside. Pour ½ cup water into a heavy skillet. Bring to a boil over high heat. Add the asparagus. Reduce the heat to medium-low, cover, and simmer for 4 minutes, or until tender-crisp. Remove to a platter and keep warm. Wipe the skillet and add the butter. Place over medium heat to melt the butter. Add the scallops and cook for 2 to 4 minutes, turning once, until lightly browned and opaque. Divide the asparagus evenly among 4 plates. Top with the scallops. Drizzle with the chipotle dressing, and garnish with lime wedges.

Kitchen Tip: Often scallops are soaked in sodium tripolyphosphate (STP) to help keep them moist. To avoid these chemical-laden scallops, look for scallops labeled Day Boat, Diver, Dry Pack or Chemical-Free. These scallops are more readily available these days and of course, are a much healthier choice. They may not be perfectly white and uniform in size, but those qualities are not natural to scallops; they are human-induced. As always, opt for the most natural products available. And as always, ask questions. The fishmonger should know exactly where the fish is from and how it has been treated.

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