

Riverdog Farm Veggie Box News
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March 30, 2009
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Box Contents:

1 bu Green Garlic
1-2 pieces Broccoli
1 bu Curly Kale
1 bu Red Beets
1 bu Asparagus
1 bu Carrots
1 bu Cilantro
2 heads Little Gem
½ lb Braising Mix

Field Notes: The north winds are howling today with strong gusts up to 40 mph. We hope the young tomato plants, transplanted last week, withstand the force and the wicking effect of the winds. The winds should subside by Tuesday. There is no frost forecasted for the near future - this is a relief given all the transplanting of delicate summer crops we have planned for the next two weeks. Just beyond the farm and the valley floor, in the hills on the west side and north towards Bear Valley, it's wildflower season! Hiking up a county road last week, we spotted a vining plant full of Dutchman's pipe (*Aristolochia californica*) flowers. Our neighbor described an incredible outing to Bear Valley where she recently saw a field full of *Fritillaria pluriflora* also known as Adobe Lily. To view photos of these wildflowers, check out:

<http://www.pacificbulbsociety.org/pbswiki/index.php/NorthAmericanFritillarias> and
<http://calphotos.berkeley.edu/flora/com-D.html>.

Box Notes: Spring is the time when braising mix is at its best - colorful, young leaves cook quickly and are full of flavor. Our mix is a combination of baby chard, kale, mustard, beet and spinach greens. The mix is intended to be cooked, unlike a lettuce salad mix that is eaten raw. The braising mix steams or braises easily. A dash of vinegar on the cooked greens and some salt brings out all of the flavors. The broccoli in this week's box comes from Short Night Farm (certified organic by CCOF) in Dunnigan. We supplemented the box with broccoli from another farm while ours is in between planting cycles. Cilantro is a crop that only grows well in our geographical region during cooler months. The summers are too hot for cilantro. Enjoy it while it's here!

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 May payment is due by April 24, 2009.

Monthly payment for four **Wednesday / Thursday** deliveries in May is \$80.

Monthly payment for five **Friday** deliveries in May is \$100.

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 complimentary 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 size box as the veggie box) and delivered frozen to your pick-up location. To request a detailed list of availability or to place an order, email csa@riverdogfarm.com or call (530) 796-3802. *Shares are available to Mountain Bounty customers for farm pick-up in Guinda.*

Bob's Fabulous Yummy Marinade from *More Recipes from a Kitchen Garden* by Shepherd & Raboff
<http://www.gourmetsleuth.com/cilantro.htm#Bob%27s%20Fabulous%20Yummy%20Marinade>

This marinade can be used to marinate tofu and meats, as a sauce for noodles or rice, and as a dressing for a green salad.

5 T vegetable oil
1/4 cup fresh lime juice
1 ounce fresh ginger (about an inch of it?), cut into six 1/4 inch slices
6 large cloves garlic
1 small jalapeno or other chili (optional)
1/3 cup packed fresh cilantro with stems
1/4 cup tamari soy sauce
1 1/2 tablespoon ground cumin

Combine and blend all ingredients together in a food processor or blender until the chili, garlic, ginger and cilantro are finely chopped.

Pork and Chipotle Tacos from *Bon Appétit* | September 1997
<http://www.epicurious.com/recipes/food/printerfriendly/Pork-and-Chipotle-Tacos-4259>

These superb tacos are from chef Alex Castro at the Old Mexico Grill in Santa Fe.

2 1/2 pound bone-in pork butt
2 large onions, chopped
3 tablespoons chopped canned chipotle chilies
12 5 to 6 inch-diameter corn tortillas
1 1/2 cups chopped green onions [Or Green Garlic here-RDF]
2 avocados, pitted, peeled, diced
Lime wedges
2 tablespoons corn oil
1 1/2 cups chopped fresh cilantro
2 15 to 16 ounce cans black beans, rinsed, drained
Purchased tomatillo salsa

Preheat oven to 350°F. Place pork on baking sheet; sprinkle with salt and pepper. Roast until brown and very tender, about 2 hours. Cool. Shred pork.

Heat corn oil in large skillet over medium-high heat. Add onions; sauté until tender, about 10 minutes. Add shredded pork, cilantro and chopped chipotle chilies with their sauce; stir until heated through. Season with salt and pepper.

Preheat oven to 350°F. Wrap tortillas in foil. Heat in oven 10 minutes. Stir beans in saucepan over medium-low heat until heated. Coarsely mash beans.

Arrange tortillas on work surface. Spread mashed beans over. Top with pork. Sprinkle with green onions and avocados. Serve with salsa and lime wedges.

Grated Carrot Salad from *The New Book of Middle Eastern Food* by Claudia Roden

"A Moroccan salad with an intriguing combination of flavors." CR

1 pound carrots, peeled & coarsely grated
5 tablespoons olive oil
Juice of 1 lemon
1 teaspoon cinnamon
1/2 cup black or golden raisins
1-2 tablespoons honey
1/2 teaspoon ginger
Salt and pepper

Mix all the ingredients together in a bowl. Serve chilled or room temperature.