

Riverdog Farm Veggie Box News

PO Box 42 Guinda, CA 95637

(530) 796-3802

April 4, 2011

www.riverdogfarm.com

csa@riverdogfarm.com

Box Contents:

1 bu Asparagus
1 bu Carrots
1 bu Chard
1 bulb Fennel
½ lb Braising Mix
1½ lbs Potatoes
1-2 Leeks
1 hd Cabbage

Payment for May due by April 29, 2011:

Monthly payment for four deliveries in May is \$80.

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 date. Without timely receipt of payment, deliveries may be interrupted.

Special Bulk Offers:

Please email or call us to place your order by the Friday before your delivery day. Please mail your payment to our address when you place the order.

Riverdog Farm Almonds:
5-lb bag of almonds is \$40.

Riverdog Farm Almond Butter: 2-jar order is \$24 or a 12-jar case for \$120.

Field Notes: What a glorious week we had! Just what we needed, the warm and sunny week was accompanied by north winds which helped dry the fields making for better harvest conditions and giving us a chance to prepare ground for seeding and transplanting. All through the rain-soaked weeks in February and March, Rossy has been busy seeding trays with tomatoes, eggplants, peppers, lettuces, and spring kales, cabbages, cauliflower, and broccoli. There's a shortage of table space and we're glad to provide Rossy with some relief by beginning to plant the starts in the fields. The drier conditions have all of us on the farm eager to move forward with cultivating and planting projects. We'll keep you posted regarding our progress. Enjoy the beautiful spring days!

Box Notes: Asparagus season has arrived. Our bunch of asparagus is a generous one-pounder. One of the most popular crops that we grow, we hope to have a steady supply of asparagus for the next several weeks. Enjoy them raw, grilled, or sautéed! The moist fields followed by the warm and sunny week boosted chard growth. Enjoy the tender spring chard. For chard recipes, please reference last week's newsletter. If you don't have a copy, please visit our website for a digital copy. Over the weekend, I enjoyed a shredded red cabbage-fennel-carrot salad tossed in a tamari-vinaigrette topped with thin slivers of green garlic. It's a colorful spring salad. Hope you get a chance to enjoy a meal outside!

Leek and Ricotta Frittata from

http://chocolateandzucchini.com/archives/2004/03/leek_and_ricotta_frittata.php

5 medium leeks

4 eggs

Fresh herbs of your choice (parsley, chives)

Salt, pepper

Red pepper flakes

100 g ricotta

[Finely chopped, sautéed chard or spinach would be a tasty addition to this frittata – RDF.]

Wash the leeks, discard the ends and the tough green leaves, and chop into small logs. Heat up a little olive oil in a large skillet, add the leeks, sprinkle with salt and pepper, and cook over medium heat for about 15 minutes, covered, until softened, stirring occasionally.

Preheat the oven to 200°C (400°F). Line the bottom of a small cake or tart pan with a circle of parchment paper and grease it lightly.

While the leeks cook, rinse the fresh herbs under cold water, dry them with a paper towel and chop them.

Beat the eggs with the ricotta in a medium mixing bowl. Add the chopped herbs, a little salt and pepper, and red pepper flakes, as you desire.

When the leeks are cooked, add them to the egg mixture, and stir to combine well. Pour in the pan and bake for 15 to 20 minutes, until a little puffy and golden, but not completely set. Cut in two, and enjoy with a slice of bread. This can be served hot right out of the oven, but also cold, or at room temperature, as part of a brunch buffet.

Riverdog Farm Meats:

Riverdog Farm chickens and hogs are CCOF certified organically raised animals. Meat is processed in non-organic USDA inspected facilities, and therefore meat is not certified organic.

Chicken currently unavailable for delivery. Please check here for availability late spring.

Pork Shares: 15 to 20-lb packed cases of assorted cuts at \$7 per pound.

Pork Sausages: 10-lb order of assorted styles is \$65.

Bacon currently unavailable for delivery. Please check here for availability late spring.

Smoked Whole Hams: We have two whole hams (13 lbs & 13.50 lbs) at \$9 per pound.

To request a list of pork shares or to place an order, please email csa@riverdogfarm.com. Meat is delivered frozen.

Whole Asparagus Spears – Sautéed from RDF

**½ to 1 bunch asparagus
Salt**

**2-4 tablespoons olive oil
Chili flakes (optional)**

Heat 2-4 tablespoons of olive oil in a big skillet on medium heat. Place washed spears in the hot oil. Turn spears with tongs until browned on some sides and tender, about 5-7 minutes. Sprinkle salt over the spears. Add chili flakes if you like spicy heat. Eat/serve warm. Easy and scrumptious! Our family easily eats one bunch for dinner.

Potato Leek Soup with Tarragon from

<http://eggsonunday.wordpress.com/2008/01/24/potato-leek-soup-with-tarragon/>

4 large leeks (white and pale green parts only), sliced (about 2 cups)

2 small onions, chopped

8 garlic cloves, sliced

6 tablespoons butter

4 tablespoons water

1 pound potatoes, unpeeled, cut into ½ inch pieces

8 cups low-salt chicken broth or vegetable broth

2 teaspoons chopped fresh tarragon

½ cup heavy cream

½ cup sour cream

Salt and pepper, to taste

Melt butter in heavy large pot over medium heat. Add leeks, onion, garlic, and 2 tablespoons water. Cook until leeks are just golden, about 10 minutes.

Add potatoes and broth; bring to boil. Reduce heat to low and simmer until potatoes are tender, about 10 minutes.

Using an immersion blender or a regular blender/food processor, puree about half the soup - you will have a creamy broth with pieces of potato and leek remaining, for texture.

Stir in tarragon. Stir in heavy cream and sour cream.

Season soup to taste with salt and pepper. Makes about 8 servings.

Spiced Fennel Salad with Crème Fraiche and Meyer Lemon

From <http://noteatingoutinny.com/2010/03/05/spiced-fennel-salad-with-creme-fraiche-and-meyer-lemon/>

1 large bulb fennel, cored and finely sliced

2-3 tablespoons fennel fronds, chopped

½ teaspoon cumin seeds, coarsely crushed

½ teaspoon coriander seeds, coarsely crushed

Juice and zest of 1 Meyer lemon

½ cup crème fraiche

2 teaspoons honey

Pinch of salt

Combine the crème fraiche, honey, salt, lemon juice and zest, cumin and coriander in a large bowl. Fold in the fennel until evenly coated. Add the fennel fronds and toss once more. Serve immediately or chill over night, covered.

Have a friend who'd enjoy our CSA program?

Endorsement from members who enjoy our service is the best advertisement we could ever hope for! If you like what we do and know folks who would enjoy receiving our weekly veggie box deliveries, please have them give us a call, send us an email, or visit www.riverdogfarm.com.