

Riverdog Farm Veggie Box News

PO Box 42 Guinda, CA 95637

(530) 796-3802

April 11, 2011

www.riverdogfarm.com

csa@riverdogfarm.com

Box Contents:

1 bu Asparagus
1 bu Green Garlic
1-2 stalks Leeks
1-2 bulbs Fennel
2 bu Carrots
½ lb Baby Lettuce
1 bu Rainbow Chard
1 lb Gold Turnip & Black Spanish Radish

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: We moved from floods to frosts this past week on the weather front. Thursday was probably the craziest tomato-transplanting day we've ever seen: we had hail, snow, thunderstorms and frost as we put the tender tomato seedlings out. We now have just over 50,000 tomato and 16,000 pepper plants safely in the ground. Friday morning saw 28F in the tomato field, followed by milder frosts Saturday and Sunday. We kept sprinklers running through the frost so all the plants came through – but, what a start to the season. This was also the first time we've ever frost protected our asparagus – many thanks to the irrigation crews who hustled pipe into the fields as temperatures plunged on Thursday afternoon. This past week, we also finished planting potatoes, peas, beets, spinach as well as transplant the rest of the kales and chards we started transplanting back in February before the rains started... We are so grateful for the chance to plant and are now hoeing wildly to keep up with the weeds that we couldn't cultivate during the rain. We'll know by next week how the stone fruits weathered the freeze this past Friday morning, though the extended rains had not left much behind anyway. The hills are lush, the skies beautiful and each day feels noticeably longer. Welcome to the glory of April.

Box Notes: We're happy to continue with asparagus harvest. This is likely the final appearance of leeks in the box until next winter. This week's spring fennel looks gorgeous and tastes very sweet. Our spring carrots are sizing up nicely, and there are two bunches in the box this week. Due to the frosty end of last week, you might find frost marks and tip burn on the edges of the baby lettuce leaves. While the cold temperatures have caused cosmetic blemishes, the lettuce eats good. The black skinned root vegetable is the black Spanish radish and the yellow root is the gold turnip. If you don't mind the spicy rind, try thin slices of the Spanish radish sprinkled with white wine vinegar.

Grilled Carrots with Carrot Greens Pesto

From <http://noteatingoutinny.com/2010/07/18/grilled-carrots-with-carrot-greens-pesto/>

1 bunch carrots

Greens from that bunch of carrots

1 large clove garlic

Salt and pepper to taste

About ½ cup and 1-2 tablespoons good extra-virgin olive oil

Optional, for the pesto: nuts such as pine nuts, walnuts, pecans, or almonds, and Parmigianino-Reggiano

Snip the carrots from the greens leaving about ½ to 1 inch of the stem on the root. Set carrots aside.

Remove any long stems and wilted leaves from the leafy greens. Bring a pot of salted water to a boil and boil the greens for about 1 minute. Drain well for at least 5 minutes. Coarsely chop the garlic clove and the greens, and transfer to a food processor as well as salt, pepper, the ½ cup of olive oil and optional pesto ingredients. Pulse for a few seconds, stopping to scrape down mixture with a spatula as needed, until well blended. Taste for seasoning, adding salt and pepper as desired.

Cut carrots lengthwise so that they're about equal in size and thickness. Drizzle with olive oil just to coat, and then season with salt and pepper.

On a hot grill, place carrots cut-side down. Let cook for 1-2 minutes, or until charred marks form on the underside, then flip. Cook another 2-3 minutes, turning occasionally, until each side is slightly charred. Remove from heat and serve with pesto.

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.

White Cornish: 3.50 to 6-lb whole (head & feet-on) chickens at \$4.50 per pound.

Poulet Rouge: 3.50 to 6-lb whole (head & feet-on) chickens at \$5 per pound.

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 one 13.50-lb whole ham left 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.

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.

Carrot-Fennel Soup adapted from Amanda Hesser in The New York Times Magazine and Cooking for Mr. Latte;
<http://orangette.blogspot.com/2005/04/when-paris-came-to-seattle-or-on.html>

1 Tablespoon olive oil **4-5 cups vegetable broth**
1½ pounds carrots, sliced into ¼ inch rounds
1 medium fennel bulb, trimmed and thinly sliced; fronds reserved and chopped
2 large garlic cloves, thinly sliced
¾ teaspoon salt, or to taste **1/3 cup fresh orange juice**
2 Tablespoons crème fraîche, or more to taste
Freshly ground black pepper, to taste

In a large, heavy saucepan, warm oil over medium heat. Add the fennel slices, and cook, stirring, until softened. Add the carrots and garlic, and cook for another minute or two.

Pour in 4 cups vegetable broth (if, after puréeing, you feel that the soup is too thick, you can add the final cup, but it's better to err on the side of adding too little at first), and season with salt. Simmer, covered, until the carrots and fennel are very tender, about 20 minutes.

Remove the soup from the heat, and stir in the orange juice and reserved fennel fronds. If you have an immersion blender, purée the soup directly in the pot; otherwise, transfer it in batches to a food processor or blender, puréeing until smooth.

Stir in the crème fraîche. Taste, and adjust seasoning as necessary. Serve warm.

Spicy Carrot Soup with Coconut, Lime, and Young Ginger

From <http://yummysupper.blogspot.com/search/label/carrot>

2 tablespoons raw organic coconut oil
1 whole yellow onion, roughly chopped
1-2 teaspoons young ginger, minced
6 cups carrots, roughly chopped
3-4 cups chicken broth **13 oz coconut milk**
Salt to taste **Cayenne pepper to taste**
Juice of two limes **Few sprigs cilantro**

Melt coconut oil in soup pot over medium heat. Add onion and ginger. Cook for a couple of minutes.

Add carrots, and cook covered for 10-15 minutes until carrots begin to soften.

Add broth, bring to a boil, and reduce to a simmer for 10-15 more minutes. Add coconut milk. Cook a bit longer until carrots are done.

Add limejuice, salt, pepper, and cayenne to your liking.
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