

## Riverdog Farm Veggie Box News

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### Box Contents:

1 bu Carrots  
1 bu Asparagus  
1 bu Beets  
1 bu Spring Onions  
1 bu Chard  
1 bu Kale  
1 hd Cauliflower  
1 bu Green Garlic  
2 hds Lettuce

**Field Notes:** The rainstorm started Sunday and has continued steadily bringing over 2 inches of rain. Monday's harvest day will be soggy and soaked. We will make our best effort to finish the fieldwork early and shorten the day. Despite the storm, a clutch of backyard bright yellow chicks hatched and have been seen scooting around, following their protective white mama hen. She makes different clucking sounds to signal to them when she has found food for them, when she senses predator danger (cats and hawks), and when she is ready for them to warm up underneath her. Every spring, the yard chickens surprise us when they appear out of nowhere with their broods in tow. The hens spend 21 days incubating the eggs. On the 21st day of steady heat and gentle rolling/turning of the eggs by the mama hen, the chicks start to peck

at their shell from the inside out with a tiny, sharp, horny projection on the end of their beak called the shell or egg tooth. Sometimes, the chicks need help getting out of the shell if their shells are starting to dry out so after the first chicks have hatched near the nest, we check the other egg's progress to see if any of them need assistance. For those that need help, we gently remove small pieces of the shell and help the wet chick unfold out of the shell. Within 10 or so minutes, the chick's feathers have dried and fluffed up and it's ready to venture away from the nest following the mama's cues. Spring in this region is definitely the time for nature's most active reproduction.

**Box Notes:** For new subscribers, please note that the Riverdog Farm newsletters are archived back to 2007 on our website, [www.riverdogfarm.com](http://www.riverdogfarm.com). You may find the recipes and field notes from past years. The week's newsletter should be up by Wednesday morning. You may check the box contents there for your meal planning purposes. The veggie box contents listed on the website are subject to change depending on actual crop availability and produce numbers.

### **Payment Reminder: The veggie box price is \$20 per week. Payment for May deliveries is due April 30, 2010.**

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

If you have any questions about your account status, please email us at [csa@riverdogfarm.com](mailto: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 Meats:** We deliver frozen pastured pork or chicken to your pickup location.

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

**Smoked Ham: 2 to 5 lb steak-cut smoked ham at \$10 per pound**

**Smoked Bacon: 5 lbs of bacon is \$50**

**Pork Sausages: 10 lbs of assorted styles is \$65**

**Whole Broilers: Will be available again in May**

Email [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com) for more information or to request a list of pork shares or whole chickens. Visit our *Hog Blog* ([riverdoghog.blogspot.com](http://riverdoghog.blogspot.com)) to view photos of our pigs.

**Carrot-Fennel Soup** from <http://orangette.blogspot.com/2005/04/when-paris-came-to-seattle-or-on.html>

Adapted from Amanda Hesser in The New York Times Magazine and Cooking for Mr. Latte

**1 Tablespoon olive oil**

**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**  
**3/4 teaspoon salt, or to taste**  
**2 Tablespoons crème fraîche, or more to taste**  
**4-5 cups vegetable broth**  
**1/3 cup fresh orange juice**  
**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.

**Spring Vegetable Tart** from <http://yummysupper.blogspot.com/2010/04/spring-vegetable-tart.html>

**2-3 cups sliced asparagus**  
**3/4 cup sliced green garlic or spring onion**  
**1 tablespoon butter**  
**1 cup grated Gruyere**  
**1/2 flaky tart dough (recipe: <http://yummysupper.blogspot.com/2009/12/flaky-pastry-dough-gluten-free.html>)**  
**3 cups nettle or spinach leaves**  
**olive oil**  
**1/8 tablespoon kosher salt**  
**3 oz chevre, crumbled**

Preheat oven to 375 degrees F. Follow directions for flaky tart dough. Roll out dough and fit into lightly buttered tart pan. Refrigerate until fillings are ready. Sauté greens with a little olive oil. Set aside to cool. Squeeze to release any excess liquid. Chop. Heat one tablespoon olive oil and one tablespoon butter in a large sauté pan over medium heat. Add sliced green garlic. Sauté for 2 minutes. Add asparagus slices and salt. Sauté for a minute then add a splash of water, cover, stew for 8 minutes or so. Remove lid and cook another 2-3 minutes until liquid is reduced and vegetables are glistening with butter and oil. Asparagus should be just cooked and not at all mushy. Set aside. Remove tart pan and dough from refrigerator and assemble the tart: First sprinkle grated Gruyere to cover the bottom of the crust. Next add the sautéed and chopped greens. Distribute the asparagus and green garlic. Dot the top with chevre. Bake on the lower rack of your oven for 30 to 40 minutes until the crust is golden brown

**Braised Chicken with Green Garlic** from *Weir Cooking in the City* by Joanne Weir;  
Posted on: <http://www.mariquita.com/recipes/green.garlic.htm>

**1 large chicken (about 4 pounds)**  
**2 Tablespoons olive oil**  
**3-5 stalks green garlic, trimmed and cleaned as you would a leek, and chopped**  
**1 1/4 cup white wine**  
**1 1/2 cup chicken stock**  
**2 Tablespoons butter**  
**Salt and pepper**  
**1 cup water**

Remove the wings from the chicken and discard. Cut the chicken into 8 pieces, each breast half cut crosswise into 2 pieces, 2 thighs, and 2 drumsticks. Melt the butter in the olive oil in a large skillet over med-high heat. Working in batches if necessary, add the chicken, season with salt and pepper, and cook until golden brown on one side, 6-8 minutes. Turn the chicken pieces and cook until golden brown on the second side, another 6-8 minutes. Transfer chicken to a platter; cover with foil, and keep warm. Pour the excess fat from the pan and discard. Reduce the heat to medium, add the water and garlic, and cook until the garlic is soft and the water has almost evaporated, about 10 minutes. Add more water during cooking if necessary. Puree in a blender on high speed until very smooth; reserve. Return the chicken to the pan and increase the heat to high. Add the white wine, chicken stock, and garlic paste and bring to a boil. Reduce the heat to low, cover, and simmer until the chicken can be easily skewered, 20-25 minutes. Season with salt and pepper. Transfer the chicken to a platter and cover with foil. Over high heat, reduce the sauce until slightly thickened. Pour the sauce over the chicken and serve. Serves 6.