

Riverdog Farm Veggie Box News
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April 13, 2009
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Box Contents:

1 bu Asparagus
1 bu Fennel
1 bu Green Garlic
1 bu Spring Onions
1 bu Carrots
1/3 lb Artichokes
2 hds Lettuce
1 hd Cauliflower
1/2 lb Sundried Apricots

Field Notes: The recent rainfall brought 1/4 inch of moisture to the farm and lots of rainbows. Over the last two weeks, we planted young peach, fig, apricot, and nectarine trees to expand our fruit offerings from the farm in the future. We also transplanted lettuce. In the greenhouse, second seeding of eggplant and peppers are done. The young sprouts are sprouting uniformly. To see images of the farm during the spring season, check out www.sacbee.com on Sunday April 19, 2009. Our farm is scheduled to be featured in the Forum section of the newspaper and online with an audio interview and photographs.

Box Notes: We tasted the fennel apple salad recipe from last week's newsletter this weekend. It was incredibly refreshing and delicious! The tarragon added a subtle licorice flavor that melded wonderfully with the licorice and crunchy apples. You'll find two to three baby artichokes. The baby artichokes that we grow are a choke-less variety. They have a tender heart but no thistly center. They can be eaten whole from the stem end. To prepare, remove the loose outer leaves, trim the rough points off the top; trim the stem end slightly; rinse in a water bath with some lemon juice to keep the artichokes from discoloring; steam the artichokes for about 30 minutes until very tender. Since the leaves are small (rather than eating the choke leaf by leaf), it's easy to eat the artichoke from the stem end, taking bites up through the heart and into the leaves, until you reach the tougher leaf tips. Very mouth-watering! The sun-dried apricots are from Good Humus Farm (certified organic by Stellar Certification Services) located in Hungry Hollow. The fruit is not treated with sulfur, hence the dark brown color. Just the sugar in the fruit and the intense sun make these tasty treats!

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.

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.

We don't place ads for our program, but we're always looking to boost membership. We find that endorsement from members who have experience with 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, have them give us a call, send us an email, or visit our website, www.riverdogfarm.com.

Riverdog Farm Pork Sausages! In time for barbeque season, 10 lb bulk cases of Riverdog Farm pork sausages are now available. Each case is \$65 and contains an assortment of flavors. Email or phone your order by Sunday before your delivery day. The sausage is delivered frozen to your pick-up location. Please remit payment to our address when placing your order.

Riverdog Farm Pastured-Pork: We have several different sizes available, and prices vary from \$6 per pound to \$9 per pound. Shares range from 15 to 40 pounds and include an assortment of cut-and-wrapped ribs, loin chops, shoulder steaks, ham roasts, sirloin chops, tenderloin, ham hocks, and shoulder roasts. Each share is packed into a cardboard box (the larger shares are packed in 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. For photos of our hog operation, visit our *Hog Blog* at riverdoghog.blogspot.com. *Shares are available to Mountain Bounty customers for farm pick-up in Guinda.*

Roasted Baby Artichokes

From: <http://cookingwithamy.blogspot.com/2005/06/roasted-baby-artichokes-recipe.html>

[To adapt this recipe for the quantity provided in the veggie box, reduce the oil to a couple of tablespoons - RDF]

2 lbs baby artichokes

¼ cup olive oil

Salt and pepper to taste

Once prepped, cut the larger artichokes in half, but if they are really small leave them whole. Place the artichokes in a pot of water to cover. Simmer artichokes for about seven or eight minutes or until tender, then drain them well. When cooled slightly toss them in olive oil and bake in a foil lined glass or metal baking dish, in a single layer, in a 400 degree oven for seven or eight minutes. Sprinkle with salt and pepper to taste. Serve warm.

Dried Apricot-Pistachio Biscotti

From: <http://www.cooks.com/rec/view/0,164,146178-242201,00.html>

½ cup whole-wheat flour [or a combination of unbleached white and whole wheat flours.-RDF]

1 cup granulated sugar

½ teaspoon baking powder

¼ teaspoon salt

5 Tbsp. cold unsalted butter, cut into pieces

¾ teaspoon vanilla

2 eggs, beaten

2/3 cup roughly chopped dried apricot halves

1 cup shelled natural pistachios

1 teaspoon granulated sugar

Preheat oven to 350 degrees. Lightly butter a large baking sheet. In food processor, combine first 5 ingredients. Pulse to blend. Add butter and vanilla; pulse until mixture resembles coarse meal. Add eggs and pulse 3 times to blend. Add apricots and pistachios; pulse just until mixture is evenly moistened.

Transfer mixture to large bowl; with hands form into dough. Divide dough in half. On lightly greased baking sheet, shape dough into 2 (12 inch) logs. With hands flatten each log to a width of 2 inches. Sprinkle each with remaining sugar. Bake 25 minutes or until golden brown.

Remove logs to cooling rack for 10 minutes. With a serrated knife, carefully cut logs on the diagonal into 1/2 inch slices. Place on baking sheet cut side up; return to oven and bake 7 minutes or until very lightly browned. Transfer to rack; cool completely.

Makes 2 dozen biscotti.