

Riverdog Farm Veggie Box News

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Box Contents:

1 bu Asparagus
2 bu Carrots
1/3 lb Artichokes
1 lb Snow Peas
½ lb Braising Mix
1 bu Red Radishes

Field Notes: Capay Valley is staying green longer than in past years. The hillsides are holding their verdant color, making the whole region feel less arid. Clear Lake, the primary reservoir that stocks Cache Creek, one of the farm's sources of water for summer irrigation, has reached 8 on the Rumsey scale meaning Yolo County will receive a maximum 150,000 acre feet of water during the irrigation season from May 1 through Sept. 15. A 7.56 on the Rumsey scale is needed for a full allotment of water to Yolo County. To prevent upstream flooding, 877 cubic feet of water is currently being released

from Clear Lake into Cache Creek. The river hasn't been this full in a long time. It's relieving to know that the full allocation of water is available so that the farm's that rely on it are assured a steady, uninterrupted supply of water.

Box Notes: Pea and artichoke season has arrived! The overlap of these two spring crops with the asparagus and braising mix makes for some very tasty, refreshing meals. The pea crop should last about one month depending on the timing of the summer heat. The snow peas cook quickly, in less than a 1-2 minutes. Snap the ends off the peas, then, if the string is still attached, pull it off the edge along with the stem end. Lightly steam or sauté. You'll find 3 to 4 baby artichokes in the bag with the snow peas. The artichokes are a small, chokeless (meaning, they don't have a thistly heart) variety. Remove the outer layer or lower leaves, trim the edge off the stem end, slightly trim the leaf tips to remove any pointy tips, then steam until tender, for about 30 minutes. You can eat the whole delicate artichoke warm, at room temperature or chilled once it's trimmed and steam cooked. Recipes for roasting or pan-frying the artichokes are included in the recipe section below.

Webpage Notes: For new subscribers, please note that the Riverdog Farm newsletters are archived back to 2007 on our website, www.riverdogfarm.com. You may find the recipes and field notes from past years. The current 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 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 for more information or to request a list of pork shares or whole chickens. Visit our *Hog Blog* (riverdoghog.blogspot.com) to view photos of our pigs.

Roasted or Pan-Fried Artichokes

Adapted from: http://seattletimes.nwsourc.com/html/foodwine/2002938617_artichokes19.html

16 baby artichokes
2 medium cloves garlic, finely chopped [Green Garlic can be substituted here-RDF]
1 tablespoon fresh thyme leaves
Fresh ground black pepper

3 tablespoons olive oil
½ teaspoon salt

To Prepare artichokes: Fill a large bowl with cold water and squeeze the lemon half into it. Working with one artichoke at a time, cut stems of artichokes flush with base. Snap off the tough, outer artichoke leaves until the light yellow inner core is reached. Cut off the pointed tips and use a paring knife to remove dark green leaf bases around the heart. Cut in half and remove the fuzzy choke with a paring knife. Rinse with cold water, then drop into the bowl of lemon-water. Repeat with remaining artichokes.

To make Pan-Fried Artichokes: Cut artichokes lengthwise into thin slices and drop back into the lemon-water. When all of the artichokes have been prepared, drain well and pat dry with paper towels. Heat a large, heavy nonstick skillet over medium-high heat. Add oil and heat. Add artichokes and reduce heat to medium. Cook about 10 minutes, turning occasionally, until chokes are browned, crispy and tender. Remove from heat and set aside. Once cooled, the artichokes can be refrigerated 24 hours.

To make Roasted Artichokes: Preheat oven to 375 degrees. Drain the artichokes well, then place cut-side down on paper towels for a few minutes. Spread on a rimmed baking sheet, drizzle with olive oil. Sprinkle with thyme, chopped garlic, salt and pepper; and toss with a wide spatula. Roast artichokes 10 minutes, toss and continue roasting 8 to 10 minutes or until very tender. Remove from heat and set aside. (The artichokes can be refrigerated 24 hours.)

Cauliflower Soup

From: <http://allrecipes.com/recipe/smooth-cauliflower-soup/detail.aspx>

1 tablespoon butter
¼ teaspoon ground nutmeg
1½ teaspoon salt
1 head cauliflower, chopped
1/3 cup chopped green onion

1 clove garlic, crushed
¼ teaspoon freshly ground black pepper
6 cups water
1 large carrot, cubed
¼ cup chopped fresh parsley

In a large pot over medium heat, melt butter. Cook garlic in butter 30 seconds, then stir in nutmeg, pepper and salt and cook 30 seconds more. Pour in the water and introduce the cauliflower. Bring to a boil, then reduce heat, cover and simmer 20 minutes, until cauliflower is tender.

In a small saucepan over medium heat, cook carrot with water to cover until just tender. Drain and reserve.

Puree cauliflower soup in a blender or food processor or with an immersion blender. Stir in reserved carrots, green onion and parsley. Serve.

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
Salt and pepper to taste

¼ cup olive oil

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.