

## Riverdog Farm Veggie Box News

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April 27, 2009

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### Box Contents:

1 bu Asparagus  
¾ lb Snow Peas  
¾ lb Shelling Peas  
2 hds small Romaine  
1 bu Carrots  
1 bu White Spring Onions  
1 bu Green Garlic  
1 bu Red Russian Kale

**Field Notes:** The past week has been mild and cool with optimal conditions for farm work and growing. Historically, the last frost date in our microclimate is April 23, 2009. We are relieved that the threat of frost has passed. There is a small chance of frost tonight but it is unlikely. This spring, there were about 5 nights when temperatures dipped below 32 degrees. On those nights, the frost alarm buzzed anytime between 2:00 am and 5:00 am. This signaled that the temperature was getting close to freezing. Tim then headed out on frost patrol. He turned on lines of sprinklers, letting them run until the sun rose, to protect the tender tomato plants. Now that the threat of

frost has subsided we can utilize those irrigation lines elsewhere on the farm to irrigate crops and relish some nights of uninterrupted sleep.

**Box Notes:** My favorite season is here - the peas are in! The shelling peas are best eaten straight out of the pod raw. I eat bowls of shelling peas straight out of the pod as I listen to the radio. If you opt to cook them, they cook very quickly, added to rice or scrambled eggs or pasta. Snow peas are eaten with their pods. The snow peas are great stir-fried or lightly sautéed with some green garlic and spring onions. You'll notice that this week's spring onions are a more bulbous shape than the previous spring onion bunches. It is the time of year when the onions are starting to change from a straight shank to a sphere. The bulb and tops are great additions to stir-fried dishes.

**Payment Reminder:** The veggie box price is \$20 per week. The June payment is due by May 29th, 2009.

Monthly payment for four **Wednesday / Thursday / Friday** deliveries in June 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.***

We don't advertise our CSA program. We currently have space for additional subscribers. 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 our website: [www.riverdogfarm.com](http://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](mailto:csa@riverdogfarm.com) or call (530) 796-3802. For photos of our hog operation, visit our *Hog Blog* at [riverdoghog.blogspot.com](http://riverdoghog.blogspot.com).

**Linguine with Asparagus, (Peas), Lemon, and Spring Herbs** from *Vegetarian Cooking for Everyone* by Deborah Madison

"A minimal but true pasta primavera. Should they come your way, stew a handful of peas or fava beans with the scallions as well. This dish can be made with butter or olive oil, or a mixture." DM

<b>2 tablespoons olive oil</b>	<b>1 lb linguine</b>
<b>2 lbs asparagus, tough ends trimmed</b>	<b>2 tablespoons butter</b>
<b>1 large bunch scallions, including half of the greens, thinly sliced</b>	<b>3 tablespoons chopped parsley</b>
<b>Salt and freshly milled pepper</b>	<b>2½ teaspoons grated lemon zest</b>
<b>4 tablespoons pine nuts, toasted in a small skillet</b>	<b>Freshly grated Parmesan, optional</b>
<b>2 tablespoons snipped chives, plus blossoms if available</b>	<b>1 tablespoon finely chopped sage, thyme, or tarragon</b>

While water is heating for the pasta, heat half the oil and butter in a wide skillet over low heat. Add the scallions, lemon zest, thyme, and a few pinches salt and cook slowly, stirring occasionally.

Meanwhile, slice 3-inch tips off the asparagus, then slice the remaining stalks diagonally. When the water boils, salt it, add the asparagus, and cook until partially tender, 3-4 minutes. Scoop it out, add it to the scallions, and continue cooking.

Cook the pasta, then add it to the pan with some of the water clinging to the strands. Raise the heat and stir in the remaining oil, the pine nuts, parsley, chives, pepper to taste, and a few tablespoons cheese.

Divide among pasta plates, grate a little cheese over each portion, and garnish with a chive blossom.

**Asparagus and Mint Frittata** from *The Produce Bible* by Leanne Kitchen

<b>6 eggs</b>	<b>1/3 cup grated pecorino or parmesan</b>
<b>1 handful mint leaves, finely shredded</b>	<b>12-16 Asparagus spears</b>
<b>2 tablespoons extra virgin olive oil</b>	

Break the eggs into a large bowl, beat well, then stir in the cheeses and mint and set aside. Trim the woody part of the asparagus then cut on a diagonal into 2-inch pieces.

Heat the oil in a frying pan that has a heatproof handle. Add the asparagus and cook for 5 minutes or until the asparagus is tender. Season, then reduce the heat to low. Pour the egg mixture over the asparagus and cook for 8-10 minutes. Use a spatula to pull the side of the frittata away from the side of the pan slightly so the uncooked egg runs underneath the frittata.

When the mixture is nearly set but still slightly runny on top, put the pan under a broiler preheated to low for 1-2 minutes, until the top is set. Serve warm or at room temperature.