

Riverdog Farm Veggie Box News

PO Box 42 Guinda, CA 95637

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May 2, 2011

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Box Contents:

1 bu Asparagus
1 bskt Strawberries
2 hds Lettuce
1 bu Red Spring Onions
1 bu Green Garlic
2 lbs Fava Beans
½ lb Braising Mix

Payment for June due by May 27, 2011:

Monthly payment for five **Wednesday/Thursday** deliveries in June is \$100.

Monthly payment for four **Friday** deliveries in June 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 look forward to a warm week of spring weather. The forecast calls for highs in the mid-80s and lows only dipping into the 50s. We've spent a great deal of time the past couple of weeks cultivating fields with hope that we'd soon catch a warm spell like the one forecasted for this week. The beds of young plants cleared of weeds and irrigated, these temperatures will stimulate growth in crops that were late getting into the ground due to the wet and muddy conditions in March.

Box Notes: Strawberries are from our friends at Terra Firma Farm (certified organic by CCOF) in Winters, which is located between Davis and the beautiful Lake Berryessa region. Another spring debut is our fava beans! Fresh, young fava beans are delicious raw, steamed, or sautéed. Remove the beans from their pods. Using your thumbnail, peel/flick a sliver of the wax covering from one end of the bean. Then, gently squeeze the bean out the opening. Is it worth the time? Yes, those beans are delicious! Lettuce harvest is in full swing, and we have two large heads for your salads. You'll likely receive a head of Romaine (for Caesar salads) and a head of red leaf. Enjoy the spring harvest!

Risotto With Asparagus, Fresh Fava Beans and Saffron by Martha Rose Schulman; <http://www.nytimes.com/2009/04/22/health/nutrition/22recipehealth.html>

2 pounds fava beans

About 7 cups chicken or vegetable stock

2 tablespoons extra virgin olive oil

½ cup minced onion or spring onion

Salt, preferably kosher salt, to taste

1½ cup Italian Arborio rice

2 garlic cloves, minced

1 pinch of saffron threads

½ cup dry white wine, such as pinot grigio or sauvignon blanc

1 pound asparagus, trimmed and cut into 1-inch pieces

½ cup freshly grated Parmesan cheese

Freshly ground pepper to taste

2 tablespoons chopped chives (optional)

Prepare the fava beans. Shell them while you bring a medium pot of water to a boil. Drop the beans into the water, and boil small favas for one minute, large favas for two minutes. Transfer at once to a bowl of ice-cold water. Drain. Remove the skins, using your thumbnail to open up the skin at the spot where the bean attached to the pod, then gently squeezing out the bean.

Pour the stock or broth into a saucepan, and bring it to a boil. Add the asparagus, and blanch for three minutes. Remove the asparagus with a slotted spoon or skimmer, refresh in a bowl of cold water, drain and set aside. Turn down the heat under the stock, and keep at a simmer with a ladle nearby or in the pot. Make sure that it is well seasoned.

Heat the oil over medium heat in a wide, heavy skillet or saucepan, and add the onion and ½ teaspoon salt. Cook, stirring, until tender, about three minutes. Add the garlic and the rice. Cook, stirring, until the grains of rice are separate and beginning to crackle, about one to two minutes. Rub the saffron between your thumb and fingers, and stir into the rice.

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 pre-packed cases of assorted cuts at \$7 per pound.

Pork Sausages: 10-lb order of assorted styles is \$65.

Bacon and smoked hams currently unavailable for delivery. Please check here for availability late spring.

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.

Add the wine, and stir over medium heat until it has been absorbed by the rice. Begin adding the simmering stock, two ladlefuls (about ½ cup) at a time. The stock should just cover the rice and should be bubbling, not too slowly nor too quickly. Cook, stirring often, until the liquid is almost absorbed. Add another ladleful or two of the stock, and continue to cook in this fashion - adding more stock when the rice is almost dry, then stirring - for 15 minutes. Then stir in the asparagus and the fava beans and another ladleful or two of stock. Continue adding stock and stirring the rice for another 10 to 15 minutes, until the rice is cooked *al dente* and the vegetables are tender. Add more stock to the rice, and stir in the Parmesan, pepper and chives. Remove from the heat. Taste and adjust salt. The rice should be creamy. Stir once and serve right away in wide soup bowls or on plates, spreading the risotto in a thin layer rather than lumping in a mound. Serves four to six

Advance preparation: You can begin this recipe several hours ahead and finish it just before serving. Cook halfway through step 4 - that is, for about 15 minutes. The rice should still be hard when you remove it from the heat. Spread in an even layer in the pan, and arrange the asparagus and favas over the top. Fifteen to 20 minutes before serving, bring the remaining stock back to a simmer and reheat the rice. Resume cooking as instructed. The favas can be blanched and shelled a day or two ahead and refrigerated.

Fresh Fava Bean and Pecorino Salad from

<http://www.npr.org/templates/story/story.php?storyId=9163283>

Fava beans are a spring favorite in southern and central Italy. This salad, adapted from Patricia Wells' *Trattoria* (William Morrow 1993) is popular as a starter or as part of an antipasto spread. If you can only find a hard grating pecorino, use a soft goat cheese. If there are leftovers, sauté the beans and cheese with a little oil in a small skillet. They are fragrant and delicious as a warm appetizer. Makes 8 to 12 servings

2 pounds fresh fava beans (about 2 cups shelled beans)

3 tablespoons extra-virgin olive oil

1 tablespoon freshly squeezed lemon juice

1 teaspoon dried leaf oregano

3 tablespoons fresh flat-leaf parsley leaves, snipped with scissors

1/8 teaspoon crushed red peppers or to taste

8 ounces soft sheep's milk cheese such as a pecorino, cut in small cubes

Salt and freshly ground black pepper to taste

In a medium bowl, combine all ingredients, and toss to blend. Taste for seasoning.