

Riverdog Farm Veggie Box News
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May 3, 2010
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Box Contents:

1 bskt Strawberries
½ lb Sun-dried Peaches
1 bu Collard Greens
2-3 hds Little Gem Lettuce
1 hd Red Leaf Lettuce
2 lbs Fava Beans
1 bu Green Garlic

Field Notes: The full moon in April has historically been the last frost date in our region according to the old timers of the valley. Indeed, we had a low of 27 degrees in the early hours of Thursday April 29th the night of the full moon. We were able to save the plants by frost protecting the transplanted tomato fields with the overhead sprinkler system. We're keeping our fingers crossed that the frost season is done. Already, the daytime temperatures have increased. It was warm enough this Sunday to brave a plunge in the full, flowing creek.

Box Notes: The strawberries are the Chandler variety from Terra Firma Farm (certified organic by CCOF) in Winters. It's easy to finish the whole basket of berries in one sitting. You may arrive at home with an empty basket of berries. The sun-dried peaches are from Good Humus Farm (certified organic by Stellar Certification Services) in Dunnigan. The peaches are not sulfured so they have a slightly dark color. Finely chop the peaches and add to oatmeal or other hot breakfast cereals. The collard greens are from the field of spring-planted greens. They are young, tender, and have a sweet flavor from the recent frosty nights. This is the first week of fava beans! To prepare/eat fava beans, remove the beans from the pod, then peel each bean, then toss the fava beans into sautéed green garlic, and heat briefly until the beans becomes bright green. Fava beans are a fleeting spring treat. Hope you enjoy them while they're here. They can be eaten peeled raw (our daughter's favorite way of eating them) or briefly sautéed or simmered in water. Because they are young, they cook very quickly.

Almond Butter: We are now offering two 1-pound jars of Almond Butter. Each two-jar order is \$24. A full case of 12 jars is \$120.00. The almond butter is certified organic by CCOF and is available crunchy or creamy. Please place your order by Friday prior to your delivery day. Send payment when you place your order. The almond butter is made with the 2009 nut crop.

Payment Reminder: The veggie box price is \$20 per week. Payment for June deliveries is due May 28, 2010.

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

Monthly payment for four **Thursday / 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 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: 2.5 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: 4.5 to 6 lb meat birds at \$5 per pound

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.

Easy Fava and Fresh Ricotta Bruschetta

Adapted from our friend's suggested best use of fava beans at Mariquita Farm:

<http://www.mariquita.com/recipes/fava%20beans.html> and the recipe they got from Lou Bustamonte

Cook the favas in low heat in a small amount of water, peel them, and sprinkle them on top of some olive oil and garlic brushed toasted baguette bread. Add a spoonful of farm fresh ricotta and salt and pepper. Scrumptious!

Risotto With Asparagus, Fresh Fava Beans and Saffron by Martha Rose Schulman

From: <http://www.nytimes.com/2009/04/22/health/nutrition/22recipehealth.html>

2 pounds fava beans

2 tablespoons extra virgin olive oil

Salt, preferably kosher salt, to taste

1½ cup Italian Arborio rice

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

2 tablespoons chopped chives (optional)

About 7 cups chicken or vegetable stock

½ cup minced onion or spring onion

2 garlic cloves, minced

1 pinch of saffron threads

Freshly ground pepper to taste

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.

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.