

## Riverdog Farm Veggie Box News

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### Box Contents:

1 bu Asparagus  
1 bu Carrots  
1½ lbs Shelling Peas  
2 lbs Fava Beans  
3 hds Little Gem Lettuce  
1 bu Red Spring Onions

**Field Notes:** Last Monday, a group of 58 kids, ages 6-11 visited the farm from the Esparto After School Program. Tumbling out of the school bus, they gleefully picked shelling peas, fava beans, and asparagus, filling their brown paper bags as they scooted down the rows talking about how much their moms were going to love this fresh-picked produce. Many of them noticed the high population of ladybugs on the plants, catching them and allowing them to walk on their hands. One youngster had his mind on rocks. He found two rocks shaped like grinding stones that he put in his paper bag

and he wondered if Native American Indians lived in this place. After their harvest experience, they got to meet the pigs. Some of them were more fascinated by the muddy wallowing hole, poking it with the sticks. They left the farm feeling very tired and content, full of first-time experiences. The trip organizer later told me that a lot of the food didn't make it home – they munched their crunchy crops on the bus ride.

**Box Notes:** It's the first and possibly only round of fava beans you'll see in the veggie box. They take a little extra work to prepare, but the effort is rewarding. First, remove the beans from the pods. (There may be a few aphids and rust on the pods. Don't worry – the aphids and rust are not inside the pods. This is just an external blemish.) Then, using your fingernail, gently tear the shell off each bean. Within the thin, light green shell is a bright green bean. When you've de-podded, and shelled the beans, you can lightly sauté the beans with the red spring onions. The beans cook very fast. You can also try a few beans raw to experience their incredible bean flavor.

**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. Sausages are made from pasture-raised Riverdog Farm hogs certified organic by CCOF. Pork and sausage is processed at non-certified facilities. We use quality pork for our sausages – not just the trim! Riverdog Farm pork sausages do not contain nitrates or any artificial ingredients.

Each case is \$65 and contains an assortment of flavors. The sausages are uncooked and delivered frozen to your pick-up location. Email or phone your order by Sunday before your delivery day. Please remit payment to our address when placing your order.

**Riverdog Farm Pastured-Pork:** Our pork shares include an assortment of cuts and sausage from pasture-raised Riverdog Farm hogs certified organic by CCOF. Pork and sausage is processed at non-certified facilities.

Pork shares are \$7 per pound and range from 25 to 30 pounds. The assortment includes cut-and-wrapped ribs, loin chops, shoulder steaks, sirloin chops, tenderloin, shoulder roasts, and sausages. Each share is packed into a cardboard box (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).

**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 cups 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.