

Box Contents:

1 lb Asparagus
1½ lbs Shelling Peas
½ lb Artichokes
½ lb Broccoli
1 bu Chard
1 bu Green Garlic
2 hds Lettuce

Field Notes: We have a week of warm weather ahead of us, capped by a beautiful forecast for the weekend. We at Riverdog would like to wish you a loving and delightful Mother's Day! Just two weeks ago, our valley suffered a late April freeze, but it appears our asparagus will bounce back for the remainder of the season. Even some of our shelling pea plants are in bloom again, and we're hopeful that they too will recover with the pleasant weather ahead. With danger of frost behind us, our crew is busy transplanting melons: Orchid, Yellow Baby, and Crimson watermelons, charentais, orange honeydew, Galia, and cantaloupes. The melons from

this round won't be ready until mid-to-late July, but we can't help but think about sweet, juicy fruit! Enjoy the warm days and evenings!

Pasture Raised Half-Hog Shares Available: Each share is \$7 per pound and includes picnic shoulders, Boston butt roasts or steaks, ham roasts, ribs, chops, tenderloin, and ham hocks (optional). Delivery or farm pick-up to be arranged. Do you have friends or neighbors interested in a share? Have them email us at csa@riverdogfarm.com for more information and to be added to our half-hog share mailing list.

Box Notes: Asparagus returns! Enjoy them lightly sautéed or raw. The baby artichokes are free of thistles near the hearts. Trim the black end of the stem and peel back the outer leaves until the tips of the leaves are nearly uniform in length. Trim the tip of the artichokes. Steam whole for at least 30 minutes and eat from the base toward the trimmed tip-end. Our broccolis have small caps and picked with leaves for good eating. Spring chard is ready for harvest. Chard is a tender braising green that can be prepared in much the same manner as spinach. The entire green garlic plant can be used. It is delicious as sautéed topping for crostini and pairs well with greens and broccoli. Our shelling peas are delicious raw snacks! You'll find two heads of lettuce in this week's box. Enjoy the spring goodness!

Sautéed Swiss Chard from *The Produce Bible* by Leanne Kitchen

1 tablespoon olive oil

1 to 2 cloves garlic, finely sliced

Serves 4-6 as a side dish.

1 bunch Swiss Chard

extra virgin olive oil to serve

Trim the leaves from the stalks of the Swiss chard and rinse them in cold water. Blanch the leaves in a large saucepan of boiling salted water for 1-2 minutes or until tender but still firm. Drain well in a colander, lay out on a dish towel, then, using your hands gently wring out any excess water.

Heat the oil in a heavy-bottomed frying pan and cook the garlic over low heat until just starting to turn golden. Add the Swiss chard, season with sea salt and freshly ground black pepper, and cook over medium heat for 3-4 minutes or until warmed through. Transfer to a serving plate and drizzle with extra-virgin olive oil to serve.

Artichokes Vinaigrette from *The Produce Bible* by Leanne Kitchen

Juice of 1 lemon

For the Vinaigrette:

5 tablespoons olive oil

2 tablespoons white wine (optional)

¼ teaspoon Dijon mustard

1 tablespoon finely chopped parsley

4 artichokes

2 scallions, finely chopped

2 tablespoons white wine vinegar

pinch of sugar

To prepare the artichokes, bring a large saucepan of salted water to a boil and add the lemon juice. Break the stalks from the artichokes, pulling out any strings at the same time, and then trim the bases flat. Add the artichokes to the water and put a small plate on top of them to keep them submerged. Cook at a simmer for 20-25 minutes or until a leaf from the base comes away easily. (The base will be tender when pierced with a skewer.) Cool quickly under cold running water, then drain upside down on a tray.

To make the vinaigrette, heat 1 tablespoon of the oil in a small saucepan, add the scallion and cook over low heat for 2 minutes. Leave to cool a little, then add the white wine, vinegar, mustard, and sugar. Gradually whisk in the remaining oil. Season with sea salt and freshly ground black pepper and stir in half the parsley.

Put an artichoke on each plate and gently press it open a little. Spoon the dressing over the top, allowing it to drizzle into the artichoke and around the plate. Pour the remaining dressing into a small bowl for people to dip the leaves. Sprinkle each artichoke with the remaining parsley.

Eat the leaves one by one, dipping them in the vinaigrette and scraping the flesh off the leaves between your teeth. When you reach the middle, pull off any really small leaves and then use a teaspoon to remove the furry choke. Once you've got rid of the choke, you can eat the tender base or "heart" of the artichoke.

Steamed Broccoli with Garlic, Red Pepper Flakes, and Parmesan from *Vegetarian Cooking for Everyone* by Deborah Madison

1 ½ pounds Broccoli

3 tablespoons olive oil

¼ teaspoon pepper flakes

Salt and freshly milled pepper

2 cloves of garlic, thinly sliced

Trim the broccoli into large florets with the stems attached. Peel the stems and cut thick ones lengthwise in half so that the heat gets to them from inside and out. Place the broccoli in a steaming basket over boiling water, cover, and steam for 3 minutes. Remove the lid for a moment, then cook, partially covered, until the stems are tender-firm, another 8-10 minutes and drain.

Warm the olive oil with 2 thinly sliced garlic cloves in a large skillet until the garlic begins to color. Add the pepper flakes, the broccoli, and salt and pepper to taste. Sauté until heated through. Turn into dish and cover with paper-thin shavings of Parmesan. The heat of the broccoli will soften the cheese and bring out its flavor.

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

6 eggs

1 handful mint leaves, finely shredded

2 tablespoons extra virgin olive oil

1/3 cup grated pecorino or parmesan

12-16 Asparagus spears

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.