

Box Contents:

1 bu Asparagus
2 lbs Fava Beans
2 hds Lettuce
1 bu Spring Onions
¾ lb Snow Peas
1 bu Cilantro
1 bu Red Beets

**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: Beautiful weather over the weekend and for the week ahead means optimal plant growing and work conditions. Temperatures in the low 80s are ideal for transplanting too - the young starts from the greenhouse can transition gradually when temperatures are mild. For many of the plants we grow in the greenhouse, they are less delicate when they are hardened off. This is a step we take to make the plants sturdier before they are placed into the field. The trays of peppers, eggplant, and tomatoes go from the protection of the greenhouse to tables outside of the greenhouse for a week or so until they have adapted to outdoor conditions of wind, sun, and a less controlled environment.

Box Notes: We will continue to include asparagus in the veggie box until production winds down, which may happen in the next two weeks. Asparagus goes through an annual cycle of spears and fern stages. A member of the Lily family, asparagus grows from a crown that is planted about one foot deep, preferably in sandy soils. After 3 years of establishing a fibrous root system, a spear can grow 10 inches in a 24-hour period in ideal conditions. Each crown sends up spears for about 6-7 weeks during the spring. When the spear phase is done, the spears become ferns, which produce red berries and the food and nutrients to fuel growth for the next season. A well-tended asparagus planting can produce for about 15 years.

**Lemon and Garlic-Roasted Chicken with Fava Beans, Radishes,
and Pecorino** from Epicurious | March 2007 by Ryan Hardy

This recipe was created by chef Ryan Hardy of the Little Nell in Aspen, Colorado. It's part of a special menu he created for Epicurious's Wine.Dine.Donate program.

Yield: Makes 10 servings

2 (3 to 4-pound) roasting chickens, rinsed and patted dry
5 lemons, 2 cut into ¼ inch-thick slices, 2 halved
2 tablespoons kosher salt 1 cup fresh fava beans
2 teaspoons freshly ground black pepper
2 heads garlic, halved with skins left on
2 sprigs fresh rosemary 2 bunches fresh oregano
8 tablespoons extra-virgin olive oil
2 cups radishes, thinly sliced
2 cups loosely packed arugula leaves
½ cup loosely packed fresh mint leaves
½ cup loosely packed celery leaves
½ cup loosely packed fresh flat-leaf parsley leaves
**½ cup Pecorino Toscano or other mild Italian sheep's milk cheese,
coarsely grated**

Preheat oven to 400°F. Place chickens on rack set in large roasting pan. Starting at each cavity end, slide hand between skin and breast meat to loosen, being careful not to tear skin. Arrange lemon slices under skin to cover breast meat.

Season each cavity with 1½ teaspoons salt and ½ teaspoon pepper. Stuff each with halved lemons, garlic, rosemary, and oregano.

Flip wings of each chicken back and tuck under body. Using pastry brush, brush 3 tablespoons oil over skin of each chicken, then sprinkle each with 1½ teaspoons salt and ½ teaspoon pepper. Tie legs together loosely with kitchen string.

Roast chickens, basting with pan juices every 15 minutes, until skins are crisp golden-brown and juices run clear when thighs are pierced, about 55 to 60 minutes. (Instant-read thermometer inserted into thickest part of breast should register 170°F.) Remove from oven, then remove lemons, herbs, and garlic from cavities and discard. Reserve pan drippings. Transfer chickens to carving board and tent with foil to keep warm.

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.

In 2-quart pot of boiling water, blanch fresh fava beans 1 minute. Drain, then immediately transfer to medium bowl of ice water to stop cooking. Drain. Slip outer skin off each bean and discard skin; place beans in medium bowl. Add radishes, arugula, mint, parsley, celery leaves, and cheese, and toss to combine. Stir in lemon juice and remaining 2 tablespoons olive oil.

Divide fava bean and radish salad among 10 plates. Carve chickens and arrange pieces atop each portion of salad. Spoon pan drippings over.

Garlic Snow Peas adapted from <http://www.food.com/recipe/garlic-snow-peas-152251>

2 cups fresh snow peas, washed, dried, and trimmed
1-2 tablespoon sesame oil **3 minced garlic cloves**
Salt & pepper

Heat wok on medium-hi heat. Heat oil, add peas. About 1 minute after stir-frying add garlic and seasoning. Quick fry until bright green and still crisp. Do not over cook or they will turn a dull green and become too limp.

Indian-Spiced Mussels or Clams from Fine Cooking Magazine, July 1998; <http://www.mariquita.com/recipes/cilantro.html>

Note: You can substitute one pound shrimp or cut up chicken.

2 tablespoons grated fresh ginger
¼ cup vegetable oil **1 cup onion, chopped**
1 tablespoon ground coriander
1 teaspoon ground turmeric
¼ teaspoon cayenne **¼ teaspoon salt**
½ cup coconut milk **¼ cup chopped cilantro**
2/3 cup homemade or low-salt canned chicken or fish stock
2 to 3 tablespoons fresh lemon juice
2 lbs mussels, scrubbed and debearded, or 4 dozen clams, scrubbed (discard any gaping shellfish that don't close at least partially when you tap them)

In a large, heavy-based skillet or saucepan, heat the oil over medium-high heat. Add the ginger and onion and sauté over moderate heat, stirring often, until soft, 8 to 10 minutes. Add the salt, coriander, turmeric, and cayenne; stir to distribute the spices evenly. Cook the spices about 1 minute. Add the stock, coconut milk, and lemon juice, and bring to a boil. Add the mussels or clams. Cover the pan until the shellfish open, about 5 to 8 minutes. Discard any mussels or clams that don't open after cooking. Sprinkle with the cilantro and serve with rice or noodles. Serves 4.