

Riverdog Farm Veggie Box News
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Box Contents:

1 bu Asparagus
1 bu Green Garlic
2 lbs Shelling Peas
½ lb Snow Peas
½ lb Arugula
1 bu Fennel
2 hds Lettuce

Field Notes: Looking ahead to early summer, we are pleased to announce that the Royal Blenheim apricot trees located at our home farm in Guinda have a heavy fruit set this year. We are considering thinning the small fruit in order to encourage the apricots that remain on the tree to size up and to prevent branches from breaking from the weight of the fruit. The fruit will be ready to harvest sometime in June. We will announce the apricot case availability when their color changes from a pale green to an orange blush. It's been a few weeks since our first round of summer crops were planted, and we'll be busy cultivating their beds before we head into summer. Our tomatoes were planted over a month ago, and we'll finish cleaning their beds this week. Patience please, however, as tomato season is still over a month away.

Box Notes: Some folks find it curious that I get excited about shelling peas. I admit to them that before having tried fresh raw peas from our farm, my sad experience with peas was that they came frozen – in a blocky form. Happily, I've been a convert for several years, and during their peak season, I devour these sweet treats straight from their pods. Refreshingly fragrant and sweet, steamed fennel is a wonderful side dish to spring time meals. Quarter the bulb and steam until tender. With its mild mustard kick and nutty flavor, arugula is best served raw in salads or sandwiches. Snow peas are best stir-fried in a hot wok with other veggies, such as julienned green garlic and fennel.

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 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.

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 20 to 27 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 or call (530) 796-3802. For photos of our hog operation, visit our *Hog Blog* at riverdoghog.blogspot.com.

Stir-Fry Sugar Snap Peas with Sesame Seeds from *Nourishing Traditions* by Sally Fallon

¾ lb Snow Peas, ends and strings removed
1 tablespoon sesame oil
Sea salt and pepper
2 tablespoons toasted sesame seeds

2½ tablespoons extra virgin olive oil
1 bunch green onions, cut into 1-inch lengths
2 tablespoons toasted pine nuts

Stir fry onions and peas in olive oil for about 3 minutes. Add pine nuts and sesame seeds and cook another minute. Remove from heat and stir in the sesame oil. Season with salt and pepper to taste.

Fennel, Mushroom, and Parmesan Salad from *The Greens Cookbook*, by Deborah Madison

1 clove garlic
2 to 2½ teaspoons lemon juice
1/8 teaspoon fennel seeds, crushed
under a spoon or in a mortar
Salt and Pepper
1 fennel bulb
1 tablespoon Italian parsley, coarsely
chopped

¼ teaspoon coarse sea salt
2 strips of lemon peel, minced
4 to 5 tablespoons extra virgin olive oil
8 ounces large, fresh mushrooms, wiped
clean
1 tablespoon fennel greens, chopped
2 to 3 ounces Parmesan Reggiano, shaved
into paper-thin slices

Pound the garlic and the salt in a mortar until completely smooth. Stir in the lemon juice, lemon peel, fennel seeds, and olive oil to make a tart, lemony vinaigrette.

Thinly slice the mushrooms, carefully dress them with a few tablespoons of the vinaigrette, and season them with plenty of freshly ground black pepper. Lay a damp kitchen towel or a piece of plastic wrap directly over them to keep them from browning, and set them aside for 1 hour to marinate.

Trim the fennel bulb and cut it into quarters. Remove most of the core; then slice it lengthwise, very thinly, leaving the pieces joined together. Dress it with most of the remaining vinaigrette and half the herbs, and season with salt and pepper. Add the rest of the herbs to the mushrooms.

Layer the mushrooms, cheese, and fennel on each plate and spoon the remaining vinaigrette over the top.