

**Box Contents:**

½ lb Snow Peas  
2 hds Lettuce  
1 bu Beets  
1 bu Chard  
1 lb Snap Peas  
1 bu Green Garlic  
2 lbs Fava Beans  
1 bu Red Radish

**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](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 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:** A beautiful, nearly full moon has been illuminating the valley and hills the past few nights. A few light rain showers have moistened the soil surfaces. Some years, the last frost can happen as late as the full moon in May, so it is a time when we hope that temperatures will stay above 32 degrees. Because we needed the aluminum irrigation pipe to water other fields, the fields of tomato, eggplant, and pepper plants are no longer frost protected. The first planting of tomato plants is about one foot tall so they are more resilient than they were when first transplanted. Clear nights mean colder nights so when the clouds appear at night during this frost-risk time of year, we can rest easy.

**Box Notes:** It's the peak of pea season on the farm. Both the snow and snap peas are eaten with the pods. Peas are a labor of love because they take so long to pick. The farm barely breaks even on the peas; they are hand harvested but we love to grow them anyway since they are so sweet and tasty. Fava beans, out of the pod and shells removed, are also delicious with sautéed garlic. Combine them with the peas and onions for a leguminous springtime dish. Since it is too hot here in the summer to grow lettuce, we hope you enjoy abundant salads while the lettuce heads are here.

**Sliced Spring Salad with Endive, Cilantro, Radishes, and Feta**

From <http://orangette.blogspot.com/2006/04/spring-sliced-and-straight-from-bowl.html>

**1 medium Belgian endive, root end trimmed away, sliced crosswise into ¼-inch strips**

**¼ head radicchio, sliced as thinly as possible**

**2-3 red radishes, sliced into paper-thin rounds**

**A small handful of cilantro leaves, from about 6-8 sprigs**

**Vinaigrette dressing, to taste [Recipe below]**

**¼ medium avocado, sliced into ¼-inch strips**

**1 walnut-size nub of French feta (or more), crumbled**

**Optional additions or substitutions:**

**½ medium fennel bulb, sliced as thinly as possible**

**A small handful of smoked trout, torn into bite-size pieces**

**A small handful of chickpeas**

**Parmigiano Reggiano, broken into small nubs**

In a medium bowl, combine the endive, radicchio, radishes, and cilantro leaves. Toss with vinaigrette to taste. [I find that endive salads take a bit more dressing than plain green ones.] Add the avocado and feta. Serve straight from the bowl.

**French vinaigrette** from <http://www.davidlebovitz.com/2009/11/how-to-make-french-vinaigrette/>

Makes about ¼ cup, enough for one large green salad

**1 tablespoon sherry or red wine vinegar**

**1/8 teaspoon sea salt**

**3 to 4 tablespoons olive oil**

**1 tablespoon minced shallot**

**½ teaspoon Dijon mustard**

**Fresh herbs, if desired**

### **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](mailto: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](http://www.riverdogfarm.com).

In a small bowl, mix together the salt, vinegar, and shallot. Let stand for about ten minutes.

Mix in the Dijon mustard, then add 3 tablespoons of olive oil. Stir well, then taste. If too sharp, add the additional olive oil and more salt, if necessary.

If you wish to add fresh herbs, it's best to chop and mix them in shortly before serving so they retain their flavor.

Storage: This dressing will keep for about eight hours at room temperature. If you want to make it farther in advance, it's best to add the shallots closer to serving so they don't lose their verve.

### **Shrimp and Fava Beans with Thyme**

From <http://www.npr.org/templates/story/story.php?storyId=9163283>;  
Adapted from Elizabeth Schneider's *Uncommon Fruits and Vegetables*

**About 2 ounces firm, salty ham such as prosciutto, cut into tiny dice**

**1/4 teaspoon minced garlic**                      **3/4 pound shrimp, shelled**

**1 pound fresh, unshelled fava beans**

**1 teaspoon minced fresh thyme**

**1 tablespoon olive oil**

**1 tablespoon butter**

**Salt and pepper, to taste**

Heat oil and butter in skillet over moderate heat. Add ham and garlic and toss for a minute. Add shrimp, favas and thyme, and toss just until shrimp become pink.

Sprinkle with pepper and salt. Cover pan and cook on lowest heat possible for 1 to 2 minutes, or until shrimp are just cooked through and juices exude slightly. Serve immediately.

### **Sharna's Chard Tart**

From <http://thistinyhouse.com/2009/swiss-chard-tart/>

**1 pie crust**

**2 tablespoons olive oil**

**1 onion, finely diced**

**2 cloves garlic, chopped**

**1 pound chard leaves, coarsely chopped**

**3 large eggs, slightly beaten**                      **1/3 cup yogurt**

**2 tablespoons chopped fresh basil (or 1 1/2 teaspoons dried)**

**1/4 teaspoon salt**

**1 cup grated Parmesan cheese**

**1/8 teaspoon ground black pepper**

Preheat the oven to 425. Prepare (or buy) a single piecrust and poke holes with a fork. Heat oven to 425F and bake for 10 minutes. Remove from oven and set aside. Reduce oven to 375F.

Meanwhile, add olive oil to a large skillet and add onion, cooking until the onions are soft, 8-10 minutes. Coarsely chop chard leaves (can sub kale, beet greens, cabbage, leeks, any greens) and garlic and add to the skillet, cooking until tender, about 8-10 minutes. Season with chopped fresh basil, salt, ground black pepper. A pinch

of ground red pepper is optional.

In a bowl combine eggs, yogurt, and grated Parmesan cheese (also good with goat, gorgonzola, blue, etc) add the chard mixture. Scrape the mixture into the prepared tart shell, spreading evenly. Reduce oven to 375 and bake until filling is golden and firm: 25-35 minutes.