

**Riverdog Farm Veggie Box News**  
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**May 17, 2010**  
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**Box Contents:**

1 bu Asparagus  
¾ lb Snap or Snow Peas  
1 bu Red Russian Kale  
½ lb Artichokes  
½ lb Arugula  
2 hds Lettuce  
1 bu Fennel  
1 bu Green Garlic

**Field Notes:** Unusual for this time of year - more rain today and next week! These late weather fronts are keeping the valley cooler than in past years when, during the month of May, temperatures typically soared into the high 90s. The entire crew appreciates these mild spring days since the conditions are not too hot and not too cold, and so far, not too windy. The first round of transplanted leeks are going into the fields this week as well as the second round of August harvest onions. It's hard to believe that the farm is thinking about fall crops already while continuing steady, sequential plantings of summer crops including melons, tomatoes, peppers, and eggplant. The last round of spinach will be

seeded this week until the fall plantings. On the horizon for box contents: Spring beets, young carrots, peas, many lettuce varieties, and summer squash by mid-June.

**Box Notes:** The artichokes, asparagus, and kale are the only items in your box this week that require cooking. The peas, arugula, lettuce, fennel, and green garlic (in salad dressing) are delicious as is. You may have noticed that the boxes feel lighter. This is because the items in your box, such as peas, asparagus, sun-dried fruit, and artichokes, during the past month have a higher per pound value than the heavier items we grow such as beets and potatoes. Throughout the year, the weight of the box will vary depending on the unit price of the box contents. Greens and beans make a great combination. This week's Red Russian Kale is harvested from a spring planted field so it is exceptionally tender and sweet. I noticed at our farmer's market this week that all the greens bunches have the appearance of being the first leaves off the young plants. This first harvest of greens leaves is the best of the year because they have the combined frost-enhanced flavor and the tenderness of a young crop. The primary advantage of these late frosts is the increased sweetness of the cooler weather crops such as broccoli, lettuce, greens, and peas.

**Payment Reminder: The veggie box price is \$20 per week. Payment for June deliveries is due May 28, 2010.**

Monthly payment for five **Wednesday** deliveries in June is \$100.

Monthly payment for four **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.

**Riverdog Farm Meats:** We deliver frozen pastured pork or chicken to your pickup location.

**Pork Shares: 15 to 20 lb cases of assorted cuts at \$7 per pound**

**Smoked Ham: 2.5 to 5 lb steak-cut smoked ham at \$10 per pound**

**Smoked Bacon: 5 lbs of bacon is \$50**

**Pork Sausages: 10 lbs of assorted styles is \$65**

**Whole Broilers: 4.5 to 6 lb meat birds at \$5 per pound**

Email [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com) for more information or to request a list of pork shares or whole chickens. Visit our *Hog Blog* ([riverdoghog.blogspot.com](http://riverdoghog.blogspot.com)) to view photos of our pigs.

**Almond Butter:** We are now offering two 1-pound jars of Almond Butter. Each two-jar order is \$24. A full case of 12 jars is \$120.00. The almond butter is certified organic by CCOF and is available crunchy or creamy. Please place your order by Friday prior to your delivery day. Send payment when you place your order. The almond butter is made with the 2009 nut crop. The jars are beautiful and make great gifts.

**Braised Red Russian Kale & White Beans** From:

<http://www.easterncarolinaorganics.com/recipe.php?recipe=braised+red+russian+kale+a+white+beans>

**Diced onion, 1 clove garlic**

**2 cans organic cannellini beans**

**3 tablespoons olive oil**

**2 cups vegetable broth**

**1 bunch red Russian kale chopped**

**1 cup diced tomato**

**3 tablespoons chopped parsley**

**Salt and pepper to taste**

Sauté onion and garlic in 1 tbs. olive oil over low heat. Add kale and broth, simmer gently for 15 min. until kale is cooked. Add 2 cans of washed and rinsed beans adjust seasoning with salt and pepper just before serving, drizzle with olive oil and chopped parsley serve with toasted bread. Stands along as a vegetarian entrée or serve with you favorite seafood or poultry dish. If you were around in the 70s and you happened to live in the mid-west, you probably ate the 7 Layer Salad. This is a salad that my mom and aunt loved to make and their kids loved to eat. Today's box contents include several of the 7 Layer Salad's main ingredients. Try it and experience one of the most popular dishes of the 70s.

**7 Layer Salad Recipe** (by Global Cookbook)

Adapted from: <http://cookeatshare.com/recipes/7-layer-salad-61725>

**1 large head of crisp lettuce, rinsed & dry, torn in pieces**

**1 lb fresh spinach, rinsed & dry, torn in pieces**

**10 – 12 ounces [fresh snow or snap peas chopped into small pieces or 2 cups fresh shelling peas – RDF]**

**1 large red onion, minced**

**8 large eggs, hard cooked**

**You can add a layer of Arugula to spice up this salad**

**1 lb Bacon, fried & crumbled**

**2 cups mayonnaise**

**8 ounces low fat sour cream**

**Salt and Pepper to taste**

Layer first six ingredients in large salad bowl in the order given. (A glass bowl makes the assembly and presentation fun so you can actually see the layers.) Mix together mayonnaise, low fat sour cream and salt and pepper to taste for the dressing. Spread dressing on top of the 6 layers. Chill over night. Toss when ready to serve. Serves 10.

**Arugula, Fennel, and Orange Salad**

Adapted from: <http://www.mariquita.com/recipes/arugula.html> and Bon Appétit

**¼ cup minced shallots [spring onions can be substituted – RDF]**

**3 tablespoons extra-virgin olive oil**

**2 large oranges**

**1 large fennel bulb, quartered lengthwise, cored, then thinly sliced crosswise**

**1 small red onion, thinly sliced**

**1½ tablespoon fresh lemon juice**

**7 cups arugula**

Whisk minced shallots, olive oil and lemon juice in medium bowl to blend. Season dressing to taste with salt and pepper. Cut all peel and white pith from oranges. Using small sharp knife, cut between membranes to release segments. Combine arugula, fennel and onion in large bowl. Toss with enough dressing to coat. Add orange segments; toss to combine. Season salad to taste with salt and pepper and serve. Serves 6.