

Riverdog Farm Veggie Box News

PO Box 42 Guinda, CA 95637

(530) 796-3802

May 23, 2011

www.riverdogfarm.com

csa@riverdogfarm.com

Box Contents:

1 bu Asparagus
2 lbs Shelling Peas
1 lb Carrots
1 bu Beets
1 bu Curly Kale
½ lb Snap Peas
½ lb Little Gem Lettuce

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: Continued mild weather is making this spring very comfortable. Last week, a group of 30 staff members from Camino Restaurant in Oakland came to the farm for a tour. Camino has been buying produce from Riverdog Farm weekly since they opened three years ago. Owners Russ Moore (Chez Panisse chef for 20+ years) and Allison Hopelain brought their restaurant crew to see the source of the bulk of the produce and pork they buy to feed their customers. To see their commentary and beautiful photos of their rainy day farm visit, go to: <http://butterdate.blogspot.com/2011/05/riverdog-farm-tour-with-camino-crew.html>. Many of the staff members had never held a few-days-old chick before. Lots of oohs and aahs were heard as baby chicks were passed around from hand to hand. It's fun to see people who are plugged into the urban food scene express delight while holding a chirping, bright yellow fuzzball recently hatched from the shell.

Box Notes: Peas will continue for their brief, 3-4 week season so enjoy them while they're here. The weather has remained cool so the lettuce is still very mild and crunchy. Little gem lettuce sliced lengthwise to make 2 halves make a quick, easy salad. Drizzle olive oil and lemon juice or balsamic vinegar on the halves and top with chopped snap peas or shelling peas out of the pod and feta or blue cheese. Steamed beets, peeled and chopped along with grated carrots add a colorful component to your salad. The kale comes from the spring planted bunching greens fields. All of the fall planted bunching greens are done producing. Some of the fall planted chard fields are going to seed and will soon become forage for the rotational, pastured laying hens.

Slow-Baked Beans With Kale by Martha Rose Shulman; From <http://www.nytimes.com/2011/02/02/health/nutrition/02recipehealth.html>

Beans baked very slowly for several hours develop a creamy texture, while the liquid they cook in, which thickens to a syrup, acquires a caramelized flavor. The kale practically melts in this casserole, going from bitter to sweet. I love using lima beans in this dish because they're so big and their texture is so luxurious.

1 bunch kale, stemmed and washed in two changes of water
3 tablespoons extra virgin olive oil
1 medium onion, chopped **1 carrot, chopped**
1 rib celery, chopped **4 garlic cloves, minced**
1 2/3 cups white beans (¾ pound) or dried lima beans, picked over and soaked for at least four hours and drained
1 6-ounce can tomato paste, dissolved in 1 cup water
3 cups additional water **½ cup bread crumbs**
A bouquet garni consisting of 4 parsley sprigs, 2 thyme sprigs and a bay leaf
1 teaspoon herbes de Provence
Salt and a generous amount of freshly ground pepper

Preheat the oven to 225 degrees. Meanwhile, bring a large pot of water to a boil, salt generously and add the kale. Blanch for two minutes, then transfer to a bowl of ice water. Drain, squeeze out water and cut into ribbons. Set aside. (I blanch the kale to extract some of the bitterness, but you can skip this step if you wish).

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.

Heat 2 tablespoons of the olive oil over medium heat in a large ovenproof casserole. Add the onion, carrots and celery. Cook, stirring often, until the onion is tender, about five minutes. Add the garlic and cook, stirring, until fragrant, 30 seconds to a minute. Add the dissolved tomato paste, and bring to a simmer.

Add the drained beans, the remaining water, the bouquet garni, herbes de Provence and salt and pepper. Stir in the kale, bring to a simmer, cover and place in the oven. Bake three hours until the beans are tender and creamy. Taste and adjust salt.

Mix together the remaining olive oil and the breadcrumbs. Sprinkle the breadcrumbs over the beans, and continue to bake another 30 minutes to an hour until the breadcrumbs are lightly browned. Remove from the heat and serve; or allow to cool slightly and serve.

Note: Make sure that the beans come to a simmer on top of the stove before placing them in the oven. Do not use old beans, which will not soften no matter how long you simmer them. If the beans do not soften in the oven after a couple of hours, raise the heat to 300 degrees. If you live at a high altitude, raise the oven temperature and let the beans bake for longer.

Pork, White Bean & Kale Soup

From EatingWell, September/October 2007;

http://www.eatingwell.com/recipes/pork_white_bean_kale_soup.html

Kale is matched up here with white beans and chunks of lean pork tenderloin to create a soup that's satisfying and quick to make. Smoked paprika gives the soup a Spanish flair. Warm bread and sliced Manchego cheese would go well on the side.

1 tablespoon extra-virgin olive oil

1 pound pork tenderloin, trimmed and cut into 1-inch pieces

¾ teaspoon salt

1 medium onion, finely chopped

4 cloves garlic, minced

4 plum tomatoes, chopped

2 teaspoons paprika, preferably smoked

¼ teaspoon crushed red pepper, or to taste (optional)

1 cup white wine

4 cups reduced-sodium chicken broth

1 bunch kale, ribs removed, chopped (8 cups lightly packed)

1 15-ounce can white beans, rinsed

Heat oil in a Dutch oven over medium-high heat. Add pork, sprinkle with salt and cook, stirring once or twice, until no longer pink on the outside, about 2 minutes. Transfer to a plate with tongs, leaving juices in the pot.

Add onion to the pot and cook, stirring often, until just beginning to brown, 2 to 3 minutes. Add garlic, paprika and crushed red pepper (if using) and cook, stirring constantly, until fragrant, about 30 seconds. Add wine and tomatoes, increase heat to high and stir to scrape up any browned bits. Add broth and bring to a boil.

Add kale and stir just until it wilts. Reduce heat to maintain a lively simmer and cook, stirring occasionally, until the kale is just tender, about 4 minutes. Stir in beans, the reserved pork and any accumulated juices; simmer until the beans and pork are heated through, about 2 minutes.