

Riverdog Farm Veggie Box News
PO Box 42 Guinda, CA 95637
(530) 796-3802

May 24, 2010
www.riverdogfarm.com
csa@riverdogfarm.com

Box Contents:

1 bu Asparagus
¾ lb Snap Peas
1 bu Red Beets
2 lbs Shelling Peas
1 bu Chard
2 hds Lettuce

Field Notes: The mild weather continues with patchy clouds today that are forecasted the rest of the week. The farm is enjoying the cloud cover since we don't see any clouds during the summertime. Although the farm is in Yolo County very close to the Napa County line, this region doesn't get the morning fog and cloud cover that creeps over the hills from the coast to Napa Valley. Layered ridges of mountains separate Napa and Yolo counties, acting as a cool-weather barrier in the summer months. The farm abuts these hills, called the Blue Ridge Mountains. This past week, the verdant hills lost their green color and are turning a velvety golden brown. Every spring it's sad to see the green grass turn brown. We'll miss the lush greenness of the very moist spring of 2010.

Box Notes: More spring crunch to enjoy this week – raw peas straight from the pod, crisp, quenching lettuce, and snappy snap peas. Boil, steam, or roast the beets and add them chilled to your salad.

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 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: 3.5 to 6 lb meat birds at \$5 per pound

Email csa@riverdogfarm.com for more information or to request a list of pork shares or whole chickens. Visit our *Hog Blog* (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.

Simple Salad with Lime-Garlic Dressing

Adapted from <http://orangette.blogspot.com/2006/06/salad-days.html>

For dressing:

3 tablespoons plus 1 teaspoon fresh limejuice

5 tablespoons olive oil

¼ tsp minced garlic

1/8 tsp fine sea salt

For salad:

Lettuce, washed, dried, and cut with a chef's knife into rough ½-inch strips or wedges

Slivered red onion

Greek feta

Add fresh, uncooked peas and chopped snap peas.

Cooked, peeled, chilled beets add delicious, soft red morsels to this salad.

First, make the dressing. In a small bowl or jar, combine the limejuice, olive oil, garlic, and salt. Whisk until emulsified, and set aside. In a salad bowl, top lettuce with red onion, peas and beets. Toss with dressing to taste, and top with plenty of feta. Serve.

Garlic-Roasted Garbanzos & Chard over Polenta adapted from Bon Appétit

From: <http://sites.google.com/site/eggsonSunday/garlic-roastedgarbanzos&chardoverpolenta>

Instead of polenta, the garbanzo and chard sauté would be equally delicious over pasta or any cooked grain.

For the garbanzos:

2 15.5-ounce cans garbanzo beans (chickpeas), drained (about 3 cups)

10 garlic cloves, peeled

2 large shallots

3 small bay leaves

1 teaspoon fennel seeds

¾ cup extra-virgin olive oil

For the chard:

2 tablespoons extra-virgin olive oil

6 garlic cloves, peeled, chopped

3 small bay leaves

2 shallots, sliced

2 small or 1 large bunch Swiss chard, large ribs trimmed off, leaves coarsely torn

1½ cup chicken stock (or store-bought low-salt good quality chicken broth)

For the polenta:

4 cups water or milk, or a combination

1 cup polenta, not instant

1 teaspoon salt

3 tablespoons butter

½ cup grated cheese, such as parmigiano-reggiano or fontina

Preheat the oven to 350 degrees F. In a Pyrex baking dish (8x8 or 11x7), combine the garbanzos, garlic, shallots, and bay leaves. Sprinkle with coarse salt and black pepper, then pour the olive oil over the pan. Cover with foil and bake for 45 minutes, until the garlic cloves and shallots are soft. Set aside at room temperature until ready to add to the chard.

After you put the garbanzos in to roast, start your polenta. In a medium pot, bring 4 cups of water or milk and a teaspoon of salt to the boil. Stream in the polenta, whisking constantly, and continue whisking until the polenta thickens slightly and is suspended throughout the liquid, about 1 minute. Cover the pot, turn down the heat, and simmer for 1 hour. Stir the polenta occasionally; it should be cooking at a rate of a slow bubble.

About 15 minutes before your polenta is finished cooking, make the chard: Heat the olive oil in a large, heavy pot over medium heat. Add the garlic, bay leaves, and shallots, cover, and cook until the shallots are tender, about 10 minutes. Uncover and add the Swiss chard, stirring to coat with the olive oil. Add the chicken stock, stir to combine, then cover the pot to braise the chard until it's wilted and tender.

Uncover the pot and continue to cook until some of the broth has evaporated, then add the roasted garbanzo bean mixture. Stir to combine, cook over medium heat until heated through, a few more minutes. Taste and adjust seasonings with salt or pepper as needed.

At this point your polenta should be finished cooking. Turn off the heat and add the 3 tablespoons of butter and 1/2 cup of grated cheese. Stir until the cheese is melted, then divide among serving dishes (if you have any leftover, spread it on a sheet pan to cool.)

Spoon the chard & garbanzo mixture, with some of the juices, over the polenta. Makes 4-6 main course servings.