

Riverdog Farm Veggie Box News
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Box Contents:

1 bu Asparagus
1 bu Red Beets
1 bu Carrots
¾ lb Snow Peas
2 hds Lettuce
1 bu Red Chard
½ Fresh Garlic
1 lb Fresh Onions

Field Notes: Hope you had a relaxing Memorial Day on Monday. The farm works on this holiday to harvest and pack your veggie boxes. We get to relax on Sundays and play soccer! The Riverdog soccer team won their game in Woodland on Mother's Day against the Jesus Maria team. The final score was 2-1 with both teams playing a very intense, skilled game. The Riverdog team primarily consists of employees from the farm. They compete every Sunday with teams in the Roseville Adult Soccer League throughout the Sacramento region. Out on the vegetable field, we continue to stake our tomato plants. We've finished the first round and will begin on the next, as the plants from the second planting are coming along nicely. With the stakes in the ground, we'll trellis the plants as needed in the coming weeks. Enjoy the gorgeous weather!

Box Notes: The beets are a spring planted crop that is young, sweet, and tender. Steam the beets and the tops, after rinsing in a water bath. Then peel the beets under running water, drizzle the roots and the tops with some olive oil, vinegar, salt and pepper and eat them warm or chilled. Use the fresh garlic and onions as you would the dried forms. But, it's best to store them in the fridge as the outer skins have not set.

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 styles. The sausages are uncooked and delivered frozen to your pick-up location. Email or phone your order by the 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.

Mixed Lettuces and Greens with Garlic Chapons from *The Zuni Café Cookbook* by Judy Rogers

Chapons are a scrap of Gascony~croutons made from the crusty heel of yesterday's bread. They are good broken up and tossed in any salad where you like croutons, and we float or simmer them in soups as well. - JR

For the Chapons:

A crusty 4-to-5 ounce chunk of chewy, peasant-style bread

1 garlic clove

About 1 tablespoon extra virgin olive oil

To finish the Salad:

About ¼ cup extra-virgin olive oil

Salt

**4 to 5 ounces mixed lettuces and greens,
carefully washed and dried**

Freshly cracked black pepper

About 1 tablespoon red wine vinegar, sherry vinegar, or Champagne vinegar

Preheat the oven to 400 degrees.

Carve a few 1/8 –to 1/4-inch-thick curved slabs of crust off of the bread, you need 1 to 2 ounces. Brush them lightly all over with olive oil and sprinkle lightly with salt. Spread the crusts on a sheet pan and bake until golden brown on the edges but still pale in the middle, about 5-7 minutes.

When the chapons are just cool enough to handle, rub with the cut garlic clove, gingerly and thoroughly, depending on your fondness for garlic.

Break the crisp chapons into bite-sized pieces into a salad bowl. Drizzle with a little of the olive oil and vinegar and toss to distribute. Add the greens and drizzle and toss with olive oil until lightly coated. Season lightly and evenly with salt and toss again. Taste, then sprinkle with vinegar and toss again. Taste again and toss with more oil, vinegar, and/or salt as you like. Offer freshly cracked black pepper at the table.

Beet Greens with Olives adapted from *Vegetarian Cooking for Everyone* by Deborah Madison

1 bunch beet greens, chopped

Red pepper flakes to taste

1-2 tablespoons olive oil

Salt

¼ cup pitted Kalamata olives, coarsely chopped

1 lemon, quartered

Put the beet greens in a skillet with a cup of water and a few pinches of salt and simmer, uncovered, turning the leaves until they are tender, about 5-10 minutes. Drain and press out excess moisture with the back of a spoon. Toss immediately with the oil, olives, pepper flakes, and salt to taste. Serve with lemon wedges.