

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

May 31, 2010
www.riverdogfarm.com
csa@riverdogfarm.com

Box Contents:

1 bu Asparagus
½ lb Snow Peas
1¼ lb Shelling Peas
1 bu Carrots
½ lb Baby Lettuces
1 bu Beets
1 bu Curly Kale

Field Notes: The farm received exciting news this week. After completing and submitting a 150 page grant application to the USDA's Rural Development agency, we received an email announcing that we have been awarded the grant! The program funds up to 25% of new solar systems that cost \$200,000 or less for businesses in rural areas. The farm will be receiving the \$35,000 grant to help purchase and install the system to reduce the farm's energy expenses. The solar array will be mounted on top of our packing shed to capture sunlight to power the coolers, office, and packing shed lights. We're looking forward to shifting some of the farm's energy usage from fossil fuels to renewable energy.

Box Notes: We hope you've enjoyed the asparagus season. As the temperatures increase in the summer, the perennial asparagus will wind down and start going into its fern and berry stage. Harvested as spears from February to June, the asparagus spends late June through November as a bushy fern-like plant capturing energy to store in its underground crown system. We irrigate the plants throughout the summer while they're not producing spears. Before the first frost, the plants small, red berries form. Then when the first frost comes in late fall, the asparagus bushes die back for a rest. When temperatures warm up in February, the spears start to poke through the ground.

Payment Reminder: The veggie box price is \$20 per week. Payment for July / Third Quarter deliveries is due June 25, 2010.

Monthly payment for four **Wednesday** deliveries in July is \$80.

Monthly payment for five **Thursday / Friday** deliveries in July is \$100.

Quarterly payment for **13 weeks of Wednesday / Friday** deliveries from July through the end of September is \$260.

Quarterly payment for **14 weeks of Thursday** deliveries from July through the end of September is \$280.

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

Boneless Ham: 3 to 5 lb ham at \$10 per pound

Smoked Bacon: 5 lbs of bacon is \$50

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

Whole Broilers: 2.5 to 5 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.

Red Beet Chocolate Cake Recipe

<http://www.recipezaar.com/recipe/print?id=7883>

1³/₄ cup flour, unbleached, sifted

1/2 teaspoon salt

3 large eggs

1 to 1¹/₂ cup beet, pureed (15 ounce can of beets in water, drained and pureed is 1 cup)

2 ounces unsweetened chocolate (Melt and cool the 2 1-oz squares of baking chocolate.)

1 teaspoon vanilla extract

1¹/₂ teaspoon baking soda

1¹/₂ cup sugar

1 cup vegetable oil

Confectioners' sugar, sifted

Preheat oven to 350. Grease 13 x 9 x 2-inch baking pan. Sift together the flour, baking soda and salt; set aside. Combine sugar, eggs, and oil in a mixing bowl. Beat with an electric mixer set at medium speed for 2 minutes. Beat in the beets, cooled chocolate, and vanilla. Gradually add dry ingredients, beating well after each addition. Pour into prepared baking pan. Bake for 25 minutes or until cake tests done. Cool in pan on rack. Cover and let stand overnight to improve flavor. Sprinkle with confectioners' sugar.

Peas and Prosciutto

Adapted from Italian Easy: Recipes from the London River Café, by Rose Gray and Ruth Rogers

The original version of this recipe calls for fresh peas, but I used frozen instead. If you choose to use frozen, I recommend buying the kind labeled "petite peas," which tend to be smaller and sweeter. If you think of it, try to defrost them slightly before using them here. But if not, just bang the bag around on the counter to break up any big clumps.

3 Tablespoons unsalted butter, divided

1 large garlic clove, chopped

Salt

About 2¹/₂ ounces thinly sliced prosciutto, torn into bite-size pieces

1 spring onion or 2 scallions, chopped

1 pound fresh or frozen peas

Freshly ground black pepper

Melt about half of the butter in a large skillet over medium heat. Add the onion and garlic, and cook slowly to soften. Do not allow to brown. Add the peas, stir to combine, and then add the remaining butter. Season lightly with salt and pepper. Cook, stirring occasionally, until the peas are tender and sweet, about 10 minutes. Add the prosciutto, and stir to mix. Then turn off the heat, cover the skillet, and allow to sit for 5 minutes. Taste, and season as needed. Serve warm. Yields about 4 side-dish servings