

**Box Contents:**

1 bu Green Chard  
1 bu Asparagus  
1 bu Gold Beets  
1 bu Tokyo Turnips  
1 bu Carrots  
1½ lbs French Fingerling  
Potatoes  
½ lb Braising Mix

**Field Notes:** June is here! Although the weather feels more like springtime this week with high clouds today and possible rain towards the end of the week than the blast of heat we experienced two weeks ago. We harvested field peas this week that will supplement our animal feed. What's coming in the veggie boxes this month? Apricots in about two weeks, more freshly dug potatoes, basil in the near future, cabbage, summer squash, and white nectarines towards the end of the month.

**Box Notes:** For those who love asparagus, the season is coming to a close. The spears that shoot up straight through the soil surface are showing signs of being ready to branch out to their fern and red berry phase. When we see those signs, we give the plants a rest. Since the beets are at their prime right now, this newsletter focuses on the myriad ways to prepare beetroots and tops.

Here is a detailed description of how to prepare beets (both the roots and the tops) from a special to the Oregonian written by Pete Peterson: Remove the greens ½ inch above the bulb and cut the root ½ inch below the bulb. Leaving a little of the stem and root helps keep the beet juices from oozing out as much during cooking.

To prepare the greens, rinse them thoroughly with cold water. Use a sharp knife to cut along both sides of the stem to remove it. Spin-dry the leaves, stack them and cut into ½ to 1-inch pieces. Cut the stems into 1-inch-long pieces. The stems take a little longer to cook, so sauté them for a minute or two before adding the leaves.

The texture and color of beets hold up through braises, steaming or baking. However, boiling increases your chances of creating mush and may cause vital nutrients to leach out. If you choose to boil beets, try to find a recipe in which you can use the cooking water.

Cook unpeeled, whole beets until pierced easily with a thin knife (about 40 to 50 minutes in a 400-degree oven). Remove from the heat and let them rest five to 10 minutes until cool enough to handle. Use a paring knife to scrape off the skin [Or slip the skin off under running water-RDF]. When sliced into ¼ inch-thick disks, the flesh of gold beets has subtle rings of color that vary from a slight olive green to dark yellow.

More beet ideas from RDF: Here are a couple of other delicious ways to use beets. The following two suggestions use the beetroot raw. Remove the tops and wash one of the roots from the bunch. Then grate the beet, without peeling it. Add the colorful grated beet to a green salad. Or in quenching vegetable juice, try washing the root (no need to peel for juicing), then cut into quarters or halves and put through a juicer. When making carrot juice, a suggested ratio of carrots to beets is two bunches of carrots to 1 beet since the beets impart a strong, earthy flavor.

**Payment Reminder: The veggie box price is \$20 per week. Third Quarter / July payment is due by June 26, 2009.**

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

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

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

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.**

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](http://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:** 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. Our pork has great flavor and good marbling of fat!

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](mailto:csa@riverdogfarm.com) or call (530) 796-3802. For photos of our hog operation, visit our *Hog Blog* at [riverdoghog.blogspot.com](http://riverdoghog.blogspot.com).

**Baked Beets** from: <http://moscowfood.coop/archive/beet.html> (Recipe adapted from Kris Wetherbee)

Preheat oven to 400F. Wash and trim 4-6 medium beets, leaving about 1 inch of stalk attached. Wrap beets together in foil and crimp edges to seal. Place in upper third of oven. Bake approximately 1½ hours, until tender but still firm. Slip off skins and trim off stalks before serving.

Optional next step: Top with crumbled goat cheese and broil for a few minutes.

Note: It's recommended to leave the baked beets wrapped until you're ready to eat them. I learned the hard way that because red beets do run, it's best to put the packet in a bowl or other container to prevent an unfortunate, uncalled-for fridge mess. [This note refers to red beets; Gold and Chioggia (Pink) beets don't bleed like the red beets-RDF.]