

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

June 7, 2010
www.riverdogfarm.com
csa@riverdogfarm.com

Box Contents:

1 bu Asparagus
1 bu Beets
2 lbs Shelling Peas
½ lb Snap Peas
1 Red Russian Kale
2 hds Lettuce

Field Notes: It's warming up gradually so the peas, lettuce, and asparagus are continuing to produce. While the temperatures remain relatively cool, the farm will offer beets and asparagus. Very soon, these items will be gone. They will be replaced with summer crops including: new potatoes, summer squash, tomatoes, and then later, peppers. What's happening on the farm this week: cultivating the onion fields, transplanting more tomatoes, peppers and eggplant, and flowering potato plants – a sure sign of potatoes-soon-to-be-harvested. Thank you for enjoying this long spring season's best offerings

while we wait for the summer abundance.

Box Notes: Because the young beets are from a new crop, their greens are exceptional. If you like chard, you'll enjoy the beet greens as they are from the same genopod plant family (they're also a cousin of spinach). Thoroughly rinse the greens to remove any grit then chop into small pieces and steam or sauté until well wilted. Salt and enjoy as a dinner side dish. Refrigerate any leftover cooked beet greens to add to scrambled eggs for breakfast.

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.

Best Any Color Beet Salad from RDF

One of the simplest, tastiest ways to prepare beets is to scrub, then steam them about 25 minutes until tender. Once they become soft when poked with a fork, slip the skins off the beets. Cut into 4ths. Then drizzle with lime or lemon vinaigrette. Add some salt and pepper to taste. This is a refreshing summer salad that can be eaten/served chilled or at room temperature, on their own or tossed with a green salad.

Kale Chips adapted from Epicurious

12 large kale leaves, rinsed, dried, cut lengthwise in half, center ribs and stems removed
1 tablespoon olive oil

Preheat oven to 250°F. Toss kale with oil in large bowl. Sprinkle with salt and pepper. Arrange leaves in single layer on 2 large baking sheets. Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves. Transfer leaves to rack to cool.

Beet & Spinach Pulav from Windrush School's veggie box newsletter authored by Berkeley-based caterer extraordinaire Lucy Aghadjian

2 cups basmati rice	½ cup sliced onion
1 cup beetroot finely chopped	½ cup chopped spinach
½ cup vegetables – green peas, cauliflower	2 bay leaves
2 cardamom seeds	Ghee/oil
1 teaspoon coriander seeds	1 teaspoon cumin seeds
4-5 cloves	1 teaspoon Cinnamon
1½ teaspoon chili powder	1 teaspoon chopped ginger
1 teaspoon chopped garlic	Salt

Heat oil and add coriander seeds, cumin seeds, cloves, and cinnamon. Grind to a smooth paste with ginger and garlic (I use mortar and pestle to make the paste). Heat a little ghee and add bay leaves, cardamom, onion, spice paste. Fry till onions turn slightly brownish. Add chopped beetroot, fry for a minute. Pour in about 2 tbsp water, cover and cook for about 2-3mins (helps in cooking beetroot faster) till water is absorbed. Now add rice and all other vegetables, spinach and fry for few minutes. Add salt, chili powder, about 4 cups water. Mix well. Cover and cook on a medium heat till done. Serve hot with a cool raita.