

**Box Contents:**

1 bu Asparagus  
½ lb Snow Peas  
½ lb Mei Qing Choi  
½ lb Spinach  
1 lb Red Torpedo Onions  
1 lb Scarlet Queen Turnips  
1 bu Carrots  
1 bu Redbor Kale  
3 hds Lettuce

**July / Third Quarter Payment due by June 24, 2011:**

July payment for four **Wednesday/Thursday** deliveries is \$80.

July payment for five **Friday** deliveries is \$100.

Third Quarter payment for 13 **Wednesday/Thursday** deliveries in July, August, and September is \$260.

Third Quarter payment for 14 **Friday** deliveries in July, August, and September is \$280.

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 date. Without timely receipt of payment, deliveries may be interrupted.

**Special Bulk Offers:** Please email or call us to place your order by the Friday before your delivery day. Please mail your payment to our address when you place the order.

**Riverdog Farm Almond Butter:** 2-jar order is \$24 or a 12-jar case for \$120.

**Field Notes:** Temperatures in the mid-80s this week have surprised us all. Typically by mid-June, temperatures are starting to soar up to 100 degrees. The late-planted spring crops are thriving in the cooler weather. Late planted lettuces, beets, turnips, and parsnips should do well in these conditions. Our final, 5th of 5, planting of tomatoes will be transplanted soon. Cache Creek is flowing again, after the Yolo County Flood Control and Water Conservation District released water from Clear Lake for the irrigation season. Many of our fields are adjacent to Cache Creek so we rely on this water source for irrigating the fields to both moisten the soil for field/planting preparation and for keeping the crops hydrated.

**Box Notes:** We harvested the red torpedo onions as "spring onions" like the red and white spring onions in your box in recent weeks. They are not yet cured or dry so they are best stored with tops removed in the refrigerator. They can be thinly sliced for sandwiches or added to a salad. They're also delicious grilled. In a few weeks, they will become cured, dry onions. Mei Qing Choi is a mini version of bok choy with greener stalks. The whole head, both leaves and stalks, of mei qing choy is tender. The spinach this week is from a new planting so it is delicious eaten uncooked as a spinach salad. Depending on the weather, this may be the last week for asparagus and peas. When these are done, summer feels like it has arrived.

**Braised Turnips, Onions & Carrots**

From <http://everybodylikessandwiches.com/2010/08/3149>

<b>1 tablespoon butter</b>	<b>2 small turnips</b>
<b>½ sweet onion, sliced</b>	<b>1 large carrot, thinly sliced</b>
<b>½ yellow pepper, diagonally sliced</b>	
<b>½ cup vegetable broth</b>	<b>½ teaspoon sugar</b>
<b>4 sprigs thyme</b>	<b>Salt &amp; pepper</b>

In a large pan, melt butter over medium-high heat and add turnips, onions, and carrots and yellow pepper. Gently toss vegetables around the pan until glistening and warm. Pour in vegetable broth and add in sugar. Put a lid on the pan and let everything come to a boil. Add in thyme. Reduce heat and simmer for 20 minutes or until the turnip and carrots can easily be pierced with a fork. Season with lots of black pepper and add salt if needed.

**Ginger Garlic Baby Bok Choi**

From <http://www.writerguy.com/deb/compost/2008/Nws5-2008.html#recipe>; adapted from Martin Yan's "Martin Yan's China"

<b>1 lb mei qing choy</b>	<b>1¼ teaspoon salt, divided use</b>
<b>2 tablespoons rice wine vinegar or dry sherry</b>	
<b>2 teaspoons oyster sauce</b>	<b>1 teaspoon soy sauce</b>
<b>1 tablespoon vegetable oil</b>	
<b>1 tablespoon minced garlic [double that minced green garlic]</b>	
<b>1 tablespoon minced ginger</b>	<b>3 small dried red chilies</b>

### **Riverdog Farm Meats:**

Riverdog Farm chickens and hogs are CCOF certified organically raised animals. Meat is processed in non-organic USDA inspected facilities, and therefore meat is not certified organic.

**White Cornish:** 3.50 to 6-lb whole (head & feet-on) chickens at \$4.50 per pound.

**Poulet Rouge:** 3.50 to 6-lb whole (head & feet-on) chickens at \$5 per pound.

**Pork Shares:** 15 to 20-lb pre-packed cases of assorted cuts at \$7 per pound.

**Pork Sausages:** 10-lb order of assorted styles is \$65.

**Smoked, Plain or Peppered Bacon:** 5-lb order of bacon is \$50.

**Smoked Ham:** Steaks or whole at \$9 per pound.

To request a list of pork shares or to place an order, please email [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com). Meat is delivered frozen.

### **Have a friend who'd enjoy our CSA program?**

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 [www.riverdogfarm.com](http://www.riverdogfarm.com).

Bring medium saucepan of water to boil. Fill large bowl with cold water. Trim ends of mei qing choi, separating and rinsing the leaves.

Add 1 teaspoon salt and mei qing choi to water in saucepan. Blanch mei qing choi for 1 minute, or until bright green. Use slotted spoon to transfer choi to cold water. Let them cool briefly, then drain and set aside.

In small bowl, whisk together rice wine, oyster sauce, soy sauce and remaining salt. Set sauce aside.

In large skillet, heat oil over high, swirling pan to coat sides. Add garlic, ginger and chilies and sauté until fragrant, about 10 seconds. Add mei qing choi and sauce and sauté until the liquid has reduced by half, about 1 to 2 minutes.

### **Balsamic Spinach Salad with Gorgonzola and Hard-Boiled Eggs**

From <http://www.kalynskitchen.com/2007/04/balsamic-spinach-salad-with-gorgonzola.html>

**3-4 handfuls baby spinach leaves, washed and dried**  
**3 tablespoons extra-virgin olive oil**  
**2 tablespoons balsamic vinegar**  
**2 tablespoons crumbled Gorgonzola cheese (or use your favorite blue cheese)**  
**4 hard-boiled eggs, coarsely chopped**  
**Salt and freshly ground black pepper to taste**

Put spinach in mixing bowl. Whisk together olive oil and balsamic vinegar, and toss spinach with just enough to coat the greens.

Arrange spinach on serving plate, top with chopped egg and crumbled gorgonzola, and drizzle a tiny bit more dressing over the egg and cheese. Sprinkle with salt and ground pepper.

### **Raw Turnip Salad**

From <http://smallfarms.wordpress.com/2010/05/31/scarlet-queen-turnips-spring-onions-and-broccoli/>

**1 cup grated raw young turnips**  
**1 cup grated apples**                      **½ cup fresh parsley**  
**3 tablespoons fresh lemon juice**  
**1 tablespoon olive oil**                      **Salt and ground pepper**

Toss the turnips, apples, parsley, lemon juice and olive oil in a large bowl. Season with salt and pepper to taste. Cover and refrigerate for 1 hour.