



Pre-heat your oven to 250 degrees. In a small pot, combine the soy sauce, pear preserves, vinegar and ginger. Bring to a simmer over high heat to allow the flavors to mingle, then remove from the heat and set aside. Dry the roast with paper towels. Rub enough vegetable oil on the surface of the roast to make it glisten, but not enough to puddle up.

### **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 5-lb whole (head & feet-on) chickens at \$4.50 per pound.

**Red Ranger:** 3.50 to 5-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 Peppercorn Bacon:** 5-lb order of bacon is \$50

**Smoked Hams:** 5-lb order of breakfast ham steaks is \$45. Whole hams also available.

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).

Heat a heavy skillet over a medium heat for about three minutes. Place the roast in the hot skillet. Weight the roast down. I use a bacon press, but you can use a small plate with a can of soup on top. Once an even, brown crust is formed, turn the roast one time and weight it down to sear on the second side. Transfer the roast to an oven safe pan. Pour the soy mixture over the roast and add about a half-cup of water to the liquid in the pan. Insert a temperature probe to the center/thickest part of the roast without touching bone, and set the alarm to 140 degrees. Place the pan in the hot oven. When the alarm sounds, remove the roast to a platter and loosely cover with aluminum foil.

Transfer  $\frac{3}{4}$  cup of the remaining sauce back into your large skillet. Add the turnips to the skillet and cover until the sauce has been simmering about 1 minute. Remove the lid and continue to cook, stirring frequently until the liquid reduces to a glaze and the turnips are completely coated and tender. If the turnips cannot be easily pierced with a fork, add a splash of water and continue cooking until they are tender.

Slice the pork and serve together with the turnips. Serve alone or over a bed of rice.

### **Black Bean, Avocado, and Mango Salad with Cilantro and Lime**

From <http://www.twopeasandtheirpod.com/black-bean-avocado-and-mango-salad-with-cilantro-and-lime/>

#### **Romaine lettuce, chopped [Little Gem can be used here-RDF]**

**1 can black beans-low sodium, rinsed and drained**

**1 tomato, chopped**

**1 mango, diced**

**$\frac{1}{2}$  cup fresh cilantro, chopped**

**2 limes-squeeze fresh juice over salad**

**1 avocado, diced**

**$\frac{1}{2}$  red onion, diced**

Place the romaine lettuce on a plate. Top the lettuce with black beans, tomato, avocado, mango, red onion, and cilantro. Squeeze fresh lime juice over the lettuce and toppings. Enjoy!

### **Roasted Carrots with Thyme**

From <http://eggsonSunday.wordpress.com/2008/03/27/a-thing-of-beauty-roasted-carrots-with-thyme/>

RDF Note: Peeled and cubed butternut squash can be added to this roasted root recipe.

**About 8 carrots, scrubbed well** **Olive oil**

**About 1 tablespoon fresh thyme leaves**

**Kosher salt and freshly ground black pepper**

Preheat the oven to 425. Cut the carrots on the diagonal into roughly 1 inch pieces. Place on a baking sheet and drizzle with olive oil (about a tablespoon give or take). Sprinkle with kosher salt, freshly ground black pepper, and thyme leaves. Use your hands to toss the carrots with the oil, salt, pepper and thyme right on the

baking sheet. Roast for about 25 minutes, stirring occasionally, until the carrots are nicely browned on the edges but not burned, and tender when you pierce one with a fork. Sprinkle with a little more fresh thyme when you serve, if you like. Serves 4.