



Riverdog Farm

May 29, 2017

# Riverdog Farm Veggie Box News

## Box Contents

1 bu Asparagus  
1 bu Fennel  
1 lb Scarlet Queen Turnips  
2 hds Batavia Lettuce  
1 bu Cilantro  
1 bu Carrots  
1 bu Red Beets  
2 hds Bok Choi

Payment for the June deliveries is due by **May 31st, 2017.**

Tuesdays: \$96  
Wednesdays: \$96  
Thursdays: \$120  
Fridays: \$120

**Thank you for your payment if already sent!**

## Quarterly Payment Schedule

2<sup>nd</sup> Quarter  
April / May / June:  
Tuesday/Wednesday/Thursday/  
Friday subscribers: **\$312**

3<sup>rd</sup> Quarter  
July / August / September:  
Tuesday/Wednesday/Thursday/  
Friday subscribers: **\$312**

4<sup>th</sup> Quarter  
October / November / December:  
Tuesday/Wednesday/Thursday/  
Friday subscribers: **\$288**

To view the 2017 payment schedule visit:  
<https://static1.squarespace.com/static/56be59f87c65e413043292e7/t/58407a12579fb31c9d905b45/1480620563398/2017csapaymentschedule.pdf>

**Field Notes:** This is likely to be the last week for asparagus in the CSA boxes. We will continue have limited amounts for sale at the farmers market as the season winds down. Come visit us there if you haven't had your fill of this quintessential spring staple. I hope you enjoyed it as much as we did.

Spring marches on here. With days reaching 100 degrees this past week and all the hills surrounding the farm turned to gold, it's important to remember it is still spring! Three weeks away from the summer solstice we are looking forward to the first tomatoes, potatoes, basil and cucumbers. The first of the summer crops are sizing up nicely and should be harvestable by the end of June.

We have plenty of certified organic, pastured eggs available. They are \$8 per dozen. If you'd like to add eggs to your weekly delivery, please email the farm to place your egg order:  
[csa@riverdogfarm.com](mailto:csa@riverdogfarm.com).

**Spring Hams:** Hams are available to order for delivery to your CSA drop site or to the farmer's markets in Berkeley on Tuesday, Thursday or Saturday and Sacramento Farmer's Market on Sundays. The weight range is 3-7 lbs per ham. The price is \$10 per lb. The Riverdog Farm hams are smoked and cured (pre-cooked) at Roundman's in Ft. Bragg. They are delivered frozen to your CSA delivery site or to the one of the farmer's markets. Glaze the top with orange marmalade, place in a casserole dish in 2-4 cups of orange juice and cover loosely with foil to hold in the moisture. Stick a few cloves in the ham before heating for added spice.

**Save the Date: Saturday October 7 and 8, 2017 Hoes Down Harvest Festival** at Full Belly Farm in Guinda. Visit: [hoesdown.org](http://hoesdown.org) for ticket information and volunteer opportunities.

## Grilled Fennel Salad with Fresh Herbs and Parmesan

From:

<http://www.prouditaliancook.com/2013/06/grilled-fennel-salad-with-fresh-herbs-and-parmesan.html>

### Ingredients

Fennel bulbs, sliced

Olive oil

Fresh herbs like basil, parsley and thyme and some fennel fronds

Lemon juice and zest

Parmigiano Reggiano shavings

### Instructions

If your fennel bulbs have stalks and fronds on them, then you'll want to trim them off.

Cut off any hard and inedible outer parts.

Trim a tiny bit off the bottom, the core helps to keep your slices in tact.

Holding your fennel bulb upright cut  $\frac{1}{4}$  inch slices vertically from top to bottom.

Brush each side with olive oil and a sprinkling of salt and pepper.

Place slices on a medium hot grill turning until you get a nice char on each side and fennel is tender to the touch.

Whisk together the lemon, olive oil, herbs and zest adding salt and pepper to taste, then drizzle all over. Garnish with the shavings of Parmigiano Reggiano. Delicious slightly warm or at room temperature.

## APPLE AND BOK CHOY SALAD

From:<http://www.epicurious.com/recipes/food/views/apple-bok-choy-salad-56389418>

### Ingredients

6 cups finely chopped bok choy

1 large apple, shredded

1 large carrot, shredded (or 3 medium Riverdog Carrots)

1/2 cup chopped red onion

1/2 cup unsweetened soy, hemp, or almond milk

1/2 cup raw cashews or 1/4 cup raw cashew butter

1/4 cup balsamic vinegar

1/4 cup raisins

1 teaspoon Dijon mustard

### Instructions

Combine bok choy, apple, carrot, and chopped onion in a large bowl.

Blend soymilk, cashews, vinegar, raisins, and mustard in a food processor or high-powered blender. Add desired amount to chopped vegetables.

## Batavia Lettuce with Balsamic Onion

From:<http://www.foodnetwork.com/recipes/in-a-garten/red-lettuce-with-balsamic-onions-recipe-1954437>

**Yield: 6 servings**

### Ingredients

3 small red onions

1/4 cup plus 2 tablespoons good balsamic vinegar

1 cup good olive oil

1 1/2 teaspoons kosher salt

1 teaspoon freshly ground black pepper

6 tablespoons minced shallots (2 large)

2 teaspoons Dijon mustard

1/4 cup good red wine vinegar

2 heads red-leaf, washed, spun dry, and torn into pieces.

### Directions

Preheat the oven to 375 degrees F.

Cut the onions in 1/2 and slice 1/4-inch thick, place on a baking sheet and toss with:

1/4 cup balsamic vinegar, 1/4 cup olive oil, 1 teaspoon salt and 1/2 teaspoon pepper.

Bake for 12 to 15 minutes, until the onions are tender.

Remove from oven and toss with 2 more tablespoons balsamic vinegar and cool to room temperature.

Whisk together the shallots, mustard, red wine vinegar, 1/2 teaspoon salt and 1/2 teaspoon pepper in a small bowl. While whisking, add 3/4 cup olive oil until emulsified.

To assemble, toss enough lettuce for 6 people with dressing, to taste. Place the lettuce on 6 plates and arrange the onions on top. Sprinkle with salt and pepper and serve.

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