



Riverdog Farm

March 21, 2016

Riverdog Farm Veggie Box News

Box Contents

1 lb Navel Oranges
1 bu Asparagus
½ lb Baby Lettuces
1 bu Red Beets
1 hd Fennel
1 bu Purple Carrots
1 lb Leeks
¾ lb Golden Turnips

Payment for the April deliveries is due by March 31st.

Wednesdays: \$96

Thursdays: \$96

Fridays: \$120

Thank you for your payment if already sent!

Quarterly Payment Schedule

2nd Quarter April/May/June:

Tuesday/Wednesday/Thursday/

Friday Subscribers: \$312

To view the 2016 delivery schedule visit:

<http://riverdogfarmcsa.blogspot.com/2015/12/2016-csa-veggie-box-navments.html>

Smoked Ham for Springtime!

Our hams are smoked in Ft. Bragg by Roundman's Smokehouse.

Their motto is: "We'll smoke anything". The tenderness of the Riverdog pork combined with Roundman's smokehouse flavors make the most delicious ham.

SOLD OUT!

We will have a few Half Hams available at the Farmers Markets

Box Notes

The oranges are from Blue Heron Farm in Rumsey and are CCOF-certified organic. Asparagus season is at its peak. The intermittent rainfall is giving the asparagus just the right amount of water to keep those spears poking through the soil. They grow about 6 inches in one 24-hour period!

Asparagus takes 3 years to establish and lasts for 15 years, expanding its underground network of rhizomes to yield more spears (and give the plant more energy for regeneration) each year. The leeks are winding down as the peas - shelling, snap and snow - are revving up. By the end of the week, the temperatures will be close to 80 degrees. I included several soup recipes in this week's newsletter to enjoy while it's still a little cooler.

Field Notes

Happy Spring Equinox! March 20, 2016 was one of two days in the year when the daylight and nighttime length are equal. This day is also known as the Vernal Equinox. It certainly feels like spring with full reservoirs, water releases from Clear Lake, a full Cache Creek, the continued rainfall and the explosion of wildflowers in the hills. Bear Valley, about 45 minutes north of Guinda, is a remote region with a spectacular display of wildflowers.

Burrowing owls have a lot of habitat in Bear Valley so it is also a great location for viewing the shy owls. Bear Valley is located off of Hwy 20 in Colusa County along the Bear Valley Road. You travel about 14 miles on Bear Valley Road once you've turned north off of Hwy 20. The fall equinox will happen on September 22, 2106.

Capay Valley Garden Tour

May 8, 2016

10:00 am to 5:00 pm

Visit the breathtaking gardens of the Capay Valley! Come join in the delight of spring flowers, strolling through many of the Valleys' finest gardens. Talk to the gardeners themselves and learn the secrets of their success. New gardens have been added this year as well as several points of interest along the drive though the valley. Many of the gardens are also showcases for agricultural production in the Capay Valley. You are welcome to picnic in the gardens – delicious box lunches will be for sale at the Guinda Grange Hall using local ingredients. Art and plants will be for sale at the Grange Hall. Proceeds from the tour support the enhancement of local parks and the new landscaping plan for the Guinda Grange Hall, a century-old community gathering place. For more information and to purchase tickets visit:

<http://www.capayvalleygardentour.com/>

Turnip Leek and Potato Soup

From: <http://cooking.nytimes.com/recipes/1015712-turnip-leek-and-potato-soup>

1 tablespoon extra virgin olive oil
1 medium onion, chopped
2 large leeks, white and light green part only, halved lengthwise, cleaned and sliced or chopped
Salt to taste
2 garlic cloves, minced
2 pounds turnips, peeled and diced
1 large russet potato (about 3/4 pound), peeled and diced
2 quarts water, chicken stock, or vegetable stock
A bouquet garni made with a bay leaf and a couple of sprigs each thyme and parsley
Freshly ground pepper to taste

GARNISH

Chopped fresh tarragon and/or chives for garnish
Heat the olive oil in a large, heavy soup pot over medium heat and add the onion, leeks and a pinch of salt. Cook, stirring, until tender, about 5 minutes. Add the garlic and cook, stirring, until fragrant, 30 seconds to a minute. Add the turnips, potatoes, water or stock, salt to taste, and the bouquet garni. Bring to a boil, reduce the heat, cover and simmer 45 minutes, or until the vegetables are very tender and the soup is fragrant. Remove and discard the bouquet garni.

Blend the soup in batches in a blender (cover the top with a towel and hold it down to avoid hot splashes), or through a food mill fitted with the fine blade. The soup should be very smooth. Strain if desired. Return to the pot. Stir and taste. Adjust salt, add freshly ground pepper, and heat through. Serve in small bowls or espresso cups, garnished with chopped fresh tarragon and/or chives.

Tip

Advance preparation: You can make this a day or two ahead and reheat. The soup can be frozen, but you will need to blend it again when you thaw it.

Leek, Carrot, Turnip and Celery Soup

From: <http://athome.kimvallee.com/my-leek-carrot-turnip-and-celery-soup/>

2 Tbsp butter
3 to 4 Tbsp olive oil
3 large leeks, cut
3 turnips, peeled and coarsely chopped
6-7 large carrots, peeled and coarsely chopped
3 crisp, leafy stalks of celery, coarsely chopped

optional: 1 orange sweet peppers, coarsely chopped
3 cups chicken stock
salt and pepper to taste
1 handful of minced parsley
1 teaspoon of oregano or thyme
1 teaspoon of savory

On low to medium heat, heat the butter and 2 tablespoons of the olive oil in a Dutch oven or a large soup pot.

Add the leeks, carrots and celery to pot. Cook for 5 minutes with the cover. Stir from time to time. Add the turnips and orange pepper. Season the vegetables with the herbs, salt and pepper. Stir. Add more olive oil. Continue to cook for 12 minutes with the cover. The vegetables should start to sweat.

Add the chicken stock. Mix the flavors together, which takes about 15 minutes of cooking.

Puree the soup directly from the pot with an immersion blender.

Enjoy now and later!

Let the soup cool for 30 minutes and divide it into 12 single and double portion containers. Reheat it on the stove or the microwave. Possible variations include: Switch the herbs for ground ginger or ground fennel. I prefer to use fat-free chicken stock but you could use water or a vegetable stock instead.

Pan-Fried Asparagus

From: <http://allrecipes.com/recipe/18318/pan-fried-asparagus/>

1/4 cup butter
2 tablespoons olive oil
1 teaspoon coarse salt
1/4 teaspoon ground black pepper
3 cloves garlic, minced
1 pound fresh asparagus spears, trimmed
Add all ingredients to list

Melt butter in a skillet over medium-high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter for a minute, but do not brown. Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking.