



Riverdog Farm

April 4, 2016

Riverdog Farm Veggie Box News

Box Contents

1 bu Asparagus
1 lb Leeks
1 lb loose Carrots
1 bu Gold Chard
1 hd Fennel
1 bu Red Beets
½ lb Arugula
½ lb Snow Peas

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 payment schedule visit:

<http://static1.squarespace.com/static/56be59f87c65e413043292e7/t/56c4d45345bf21edd2652952/1455739987593/2016csapaymentschedule.pdf>

Box Notes

The essence of springtime is in your veggie box this week. Here are some links to recipes using fennel, arugula and chard:

<http://allrecipes.com/recipe/216460/arugula-fennel-salad/>.

<http://www.thekitchn.com/recipe-riff-golden-beet-and-ba-88567>.

<http://www.epicurious.com/recipes/food/views/arugula-salad-with-lemon-parmesan-dressing-352111>.

Snow peas are here! They are great raw on their own or in salads but can also be steamed, stir-fried or sautéed.

Field Notes

Tomato transplanting continues this week. This year, we are planting about 20 acres of tomatoes. There are 5 tomato plantings, in sequence so we can harvest them perpetually throughout the summer from July until mid November. We grow about 50 tomato varieties including about 20 cherry tomatoes, 20 heirloom tomatoes, and about 10 different hybrid types.

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 through 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/>

Save the Date

Hoes Down Harvest Festival

Saturday October 1, 2016

11:00 am to 11:00 pm

For tickets and volunteer work shift info, please visit: www.hoesdown.org.

Leek and Mushroom Gratin

From: <http://www.epicurious.com/recipes/food/views/leek-and-mushroom-gratin-355418>.

3/4 stick unsalted butter, divided
1 cup fine dry bread crumbs
1/4 pound Gruyère, finely grated on small teardrop-shaped holes of a box grater (2 cups)
1/2 cup finely grated Parmigiano-Reggiano
2 teaspoons finely chopped garlic
1 tablespoon finely chopped flat-leaf parsley
3 pounds leeks, root ends trimmed
2 tablespoons all-purpose flour
1 1/2 cups chicken stock or reduced-sodium chicken broth
1/8 teaspoon grated nutmeg
1/2 teaspoon grated lemon zest
1 pound cremini mushrooms, trimmed and thinly sliced

Equipment: a 1 1/2-quart oval gratin or other shallow baking dish

Melt 2 tablespoons butter in a small saucepan over low heat, then cool.

Toss melted butter with bread crumbs, cheeses, garlic, parsley, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a bowl until combined.

Trim each leek to an 8-inch length (reserve tops for another use if desired). Halve leeks lengthwise, then cut crosswise into roughly 1-inch pieces. Wash leeks, then drain well.

Melt 1 tablespoon butter in a 1-to 1 1/2-quart heavy saucepan over medium heat. Add flour and cook roux, whisking, 1 minute. Add stock in a slow stream, whisking, then bring to a boil, whisking. Add nutmeg and zest and boil, whisking, 1 minute. Remove from heat.

Preheat oven to 400°F. Butter baking dish.
Melt 1 tablespoon butter in a 12-inch heavy skillet over medium-low heat. Add leeks and 1/4 teaspoon each of salt and pepper, then cover leeks directly with a round of parchment paper and cook, stirring occasionally, until liquid is absorbed and leeks are tender and just beginning to brown, 10 to 15 minutes.

Meanwhile, heat remaining 2 tablespoons butter in a large heavy skillet over medium heat until foam subsides. Add mushrooms and 1/4 teaspoon each of salt and pepper and cook, stirring occasionally, until liquid is absorbed and mushrooms are just beginning to brown, about 15 minutes. Remove from heat.

Remove parchment from leeks and stir in mushrooms. Transfer mixture to baking dish, spreading it evenly. Pour sauce over vegetables and top with crumb mixture. Bake until gratin is bubbling and topping is golden, about 15 min.

Swiss Chard Recipes:

Lemon-Garlic Recipe (this recipe has 3 variations)
www.myrecipes.com/recipe/lemon-garlic-swiss-chard

Swiss Chard-Wrapped Dumplings with Bacon and Browned Butter

[Swiss Chard-Wrapped Dumplings with Bacon and Browned Butter](#)

19 Creative Ways to Cook with Chard

[Swiss Chard-Wrapped Dumplings with Bacon and Browned Butter](#)

Swiss Chard Quiche

[Swiss Chard-Wrapped Dumplings with Bacon and Browned Butter](#)

Chard With Chickpeas and Couscous

<http://www.realsimple.com/food-recipes/browse-all-recipes/swiss-chard-chickpeas-couscous>

INGREDIENTS

1 10-ounce box couscous
1/2 cup pine nuts
3 tablespoons olive oil
2 cloves garlic, thinly sliced
1 15.5-ounce can chickpeas, rinsed
1/2 cup raisins (dark or golden)
2 bunches Swiss chard, stems trimmed
3/4 teaspoon kosher salt
1/2 teaspoon black pepper

DIRECTIONS

Place the couscous in a bowl. Add 1 1/2 cups boiling water and stir. Cover tightly and let stand for 10 minutes.

Meanwhile, in a large skillet, over low heat, toast the pine nuts, shaking the pan frequently, until golden, 3 to 4 minutes. Transfer to a plate.

Return the skillet to medium heat, add the oil, and heat for 1 minute. Add the garlic and cook for 1 minute.

Add the chickpeas, raisins, chard, salt, and pepper. Cook, stirring occasionally, until the chard is tender, about 5 minutes. Remove from heat.

Fluff the couscous with a fork and divide among individual plates. Top with the chard and sprinkle with the pine nuts.

All of the items in this weeks box would make for a great salad. A quick and easy dressing that is good on almost every salad combo you can create:

1/2 cup mayonnaise, home made always the best
or instead of mayonnaise 1/4 - 1/2 olive oil
2 tablespoons Dijon mustard
2 tablespoons water
1 tablespoon red wine vinegar
Pinch salt
A few grinds freshly ground black better.
Mix in a bowl, chill and serve!