



Riverdog Farm

April 11, 2016

Riverdog Farm Veggie Box News

Box Contents

1 bu Asparagus
1 bu Red Spring Onions
1 bu Purple Carrots
1 bu Green Garlic
1 bu Rainbow Chard
1 bu Oregano
½ lb Braising Mix
.60 lbs Snow Peas

Box Notes

New this week: Shelling peas and oregano! The meatball soup and spaghetti and meatballs recipes below feature the fresh oregano. On the horizon: Tokyo Turnips and Little Gem Lettuce!

Field Notes

More rain landed Saturday night and Sunday. Cloud cover today will hold the moisture in the soil for a few days. The continued rainfall is keeping the whole valley lush and verdant. Tomato transplanting will continue this week as the moisture levels in the soil allow. We are also busy on the farm weeding the garlic, spring onions, and spring-planted brassicas including: cabbage, fennel, kale, and broccoli.

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.

Payment for the April deliveries is due by March 31, 2016.

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/56c4d45345bf21edd2652952/1455739987593/2016capaymentschedule.pdf>

Meatball Vegetable Soup

From: <http://www.myrecipes.com/recipe/meatball-vegetable-soup/print>.

5 cups reduced-sodium chicken broth

2 large carrots, diced

2 stalks celery, diced

1 large egg, beaten to blend

1 1/4 teaspoons ground cumin

About 2 tbsp. chopped fresh oregano, divided

1/4 teaspoon kosher salt

1/4 teaspoon pepper

1 pound ground turkey

1/2 cup cold cooked white rice

Heat broth, carrots, and celery in a medium pot, covered, over high heat until boiling. Meanwhile, make meatballs.

Combine egg, cumin, 2 tsp. oregano, and the salt and pepper in a bowl. Stir in turkey and rice to blend well. Shape meat into 1

1/2-in. balls and set on a tray.

Lower meatballs into soup with a spoon. Bring to a simmer; reduce heat and cook, covered, until carrots are very tender, 8 to 10 minutes. Stir in remaining oregano.

Jenn's Out Of This World Spaghetti and Meatballs

From: <http://allrecipes.com/recipe/85635/jenns-out-of-this-world-spaghetti-and-meatballs/print/?recipeType=Recipe&servings=8>.

Ingredients

3 tablespoons olive oil

3/4 cup chopped onion

4 cloves garlic, minced

2 (16 ounce) cans crushed tomatoes

3 (6 ounce) cans tomato paste

1 cup water

1/2 cup sugar

1/4 cup chopped fresh oregano, divided

1 dried bay leaf

salt and pepper to taste

1 pound ground round

1/2 cup Italian seasoned bread crumbs

1/4 cup chopped fresh parsley

2 eggs, lightly beaten

1/2 cup grated Parmesan cheese

1 (16 ounce) package uncooked spaghetti

Directions

Heat the olive oil in a large saucepan over medium heat, and cook the onion until lightly brown. Mix in 2 cloves garlic, and cook 1 minute. Stir in crushed tomatoes, tomato paste, water, sugar, 1/2 the oregano, and bay leaf. Season with salt and pepper. Bring to a boil, reduce heat to low, and simmer while preparing meatballs.

In a bowl, mix the ground round, bread crumbs, remaining oregano, remaining garlic, parsley, eggs, and cheese. Season with salt and pepper. Roll into 1 inch balls, and drop into the sauce. Cook 40 minutes in the sauce, or until internal temperature of meatballs reaches a minimum of 160 degrees F (72 degrees C).

Bring a large pot of lightly salted water to a boil, and stir in the spaghetti. Cook 8 to 10 minutes, until al dente, and drain. Serve the meatballs and sauce over the cooked spaghetti.

Pork Meatball Banh Mi

From:

<http://www.epicurious.com/recipes/food/views/pork-meatball-banh-mi-356790>.

Hot Chili Mayo:

2/3 cup mayonnaise

2 green onions, finely chopped

1 tablespoon hot chili sauce (such as sriracha)*

Meatballs:

1 pound ground pork

1/4 cup finely chopped fresh basil

4 garlic cloves, minced

3 green onions, finely chopped

1 tablespoon fish sauce (such as nam pla or nuoc nam)*

1 tablespoon hot chili sauce (such as sriracha)

1 tablespoon sugar

2 teaspoons cornstarch

1 teaspoon freshly ground black pepper

1 teaspoon coarse kosher salt

Sandwiches:

2 cups coarsely grated carrots

2 cups coarsely grated peeled daikon (Japanese white radish)**

1/4 cup unseasoned rice vinegar

1/4 cup sugar

1 teaspoon coarse kosher salt

1 tablespoon Asian sesame oil

4 10-inch-long individual baguettes or four 10-inch-long pieces French-bread baguette (cut from 2 baguettes)

Thinly sliced jalapeño chiles

16 large fresh cilantro sprigs

Hot Chili Mayo:

Stir all ingredients in small bowl. Season with salt. do ahead
Can be made 1 day ahead. Cover and chill.

Meatballs:

Line rimmed baking sheet with plastic wrap. Gently mix all ingredients in large bowl. Using moistened hands and scant tablespoonful for each, roll meat mixture into 1-inch meatballs. Arrange on baking sheet. *DO AHEAD* Can be made 1 day ahead. Cover and chill.

Sandwiches:

Toss first 5 ingredients in medium bowl. Let stand at room temperature 1 hour, tossing occasionally.

Preheat oven to 300°F. Heat sesame oil in large skillet over medium-high heat. Add half of meatballs. Sauté until brown and cooked through, turning meatballs often and lowering heat if browning too quickly, about 15 minutes. Transfer meatballs to another rimmed baking sheet. Place in oven. Repeat with remaining meatballs.

Cut each baguette or baguette piece horizontally in half. Pull out enough bread from each bread half to leave 1/2-inch-thick shell. Spread hot chili mayo over each bread shell. Arrange jalapeños, then cilantro, in bottom halves. Fill each with 1/4 of meatballs. Drain pickled vegetables; place atop meatballs. Press on baguette tops.