



Riverdog Farm

April 25, 2016

# Riverdog Farm Veggie Box News

## Box Contents

1 bu Asparagus  
1 bu Purple Carrots  
1 bu Orange Carrots  
1 bu Red Bor Kale  
¾ lb Little Gem Lettuce  
1 hd Bok Choi  
½ lb Arugula  
1 bu Green Garlic

## Box Notes

The Little Gem Lettuce is back! This is a mini version of romaine lettuce. Rinse well in a water bath to remove any soil grit and allow to dry on a towel face down with some patting to remove any remaining water droplets, slice lengthwise to form halves. Place the halves face up in a circle on a plate then drizzle with olive oil and a pomegranate or elderberry vinegar. Add sliced avocados a squeeze of lemon juice, salt and pepper. Grate Parmesan cheese over all. This is an incredibly tasty salad that can be a stand-alone meal or a side dish to a scrumptious dinner.

## Field Notes

### Capay Valley Garden Tour

Sunday 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](http://www.hoesdown.org).

Payment for the May deliveries is due by **April 30<sup>th</sup>**.

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

**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>

### Moroccan Carrot Salad

From: <https://gourmetwog.com/2013/04/20/yellow-purple-moroccan-carrot-salad/>

Serves 4

- 5 carrots, grated
- 1 bunch Italian parsley
- 1 clove garlic, minced
- 1 teaspoon cumin
- 1 teaspoon Dijon mustard
- Juice of 1/2 orange
- zest of 1/2 orange
- 1/2 teaspoon cinnamon
- 4 tablespoons Extra Virgin Olive Oil

Combine the garlic, cumin, Dijon mustard, cinnamon, orange juice and zest in a bowl and slowly add the olive oil while whisking until well combined. Add grated carrots and chopped parsley and toss to combine. Season if required with sea salt flakes.

### Redbor Kale and Great Northern Bean Soup

From: <http://feralkitchen.com/2013/05/05/redbor-kale-and-great-northern-bean-soup/>

- 1 small bunch of kale (I used Redbor)
- 1 can great northern beans (drained and rinsed)
- 1/2 onion (chopped)
- 1 carrot (diced)
- 1 tsp olive oil
- 2 tsp garlic paste
- 1 tsp fresh thyme (use more if you like)
- 1 quart chicken stock. (use vegetable if you like)
- salt and pepper to taste

Wash and trim the kale. Be sure remove the stems. In a medium sized pan over medium high heat saute the onion and carrots in the olive oil until onions are translucent. Add the great northern beans, garlic, thyme and chicken stock. Salt and pepper to taste. Cook until kale and carrots are tender. Taste and correct your seasonings and serve. Makes about 4 servings.

### Arugula, Cherry and Goat Cheese Salad

Adapted from:

[http://www.nytimes.com/2013/06/24/health/arugula-cherry-and-goat-cheese-salad.html?\\_r=0](http://www.nytimes.com/2013/06/24/health/arugula-cherry-and-goat-cheese-salad.html?_r=0)

From the author Martha Rose Shulman: This was inspired by a dish billed as "Cherries and Goat Cheese" on the menu at Westside Tavern in Los Angeles. I don't know why they didn't bill the arugula in bold too, as the dish turned out to be a very pleasant salad.

- About a 1/2 lb arugula
  - 16 cherries, halved and pitted
  - Scant 1/4 cup pistachios or almonds, (about 1 ounce), lightly toasted and chopped
  - 1 tablespoon chopped fresh tarragon
  - 1 tablespoon sherry vinegar
  - 1 teaspoon balsamic vinegar
  - Salt and freshly ground pepper
  - 3 tablespoons extra virgin olive oil
  - 2 ounces goat cheese, crumbled
1. Combine the arugula, cherries, half the nuts and the tarragon in a large bowl.
  2. Whisk together the vinegars, salt and pepper and olive oil. Toss with the salad. Arrange on a platter, sprinkle the goat cheese and remaining pistachios over the top, and serve.

### Asparagus, Leek and Green Garlic Soup

From: <http://bojougourmet.com/2013/04/asparagus-leek-and-green-garlic-soup/>

*The cooking method described below preserves the green hue of the soup; if you prefer, you can skip the blanching and cooling steps and simply add the asparagus with the water and potato. I think fat asparagus stalks tend to be more meaty and creamy, and make the best soup, but any tasty, in-season asparagus will do. Feel free to garnish the soup with chives, chervil, tarragon or cilantro; see the post above for more ideas.*

Makes 6 servings

- 2 pounds (about 2 bunches) asparagus
- 3 large stalks (4 ounces) green garlic
- 3 medium leeks (12 ounces)
- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 large yellow potato (6 ounces), peeled and diced
- lemon juice, to taste
- 3/4 cup yogurt (whole or low-fat), or crème fraîche
- zest of 1 small lemon (meyer or regular)

Fill a pot with 2 quarts of water and bring to a boil. Snap the woody ends of the stems off of the asparagus spears and discard; they will naturally break at the right spot. Keep the heads in tact and slice the stems. Blanche the asparagus in the simmering water for 1-2 minutes, until bright green and crisp-tender. Strain through a colander and into a large bowl, **reserving the asparagus water**. Rinse the asparagus under cool water to stop the cooking, and set aside.

Trim the root ends off of the green garlic and leeks. Slice the green garlic (leafy green parts included) crosswise into thin rounds, and place the rounds in a large bowl. Slice the leeks in half lengthwise, then slice the white and light green parts crosswise into 1/4" thick half-moons. Place the sliced leeks in the bowl with the green garlic, fill with cool water, and separate the rings, swishing occasionally as they soak to release any sandy dirt, which will sink to the bottom. Scoop the leeks and garlic out of the water (you can repeat the soaking/scooping process if the leeks are super dirty), drain them in a colander and give them a final rinse.

Melt the butter and olive oil together in a soup pot or dutch oven over medium heat. Add the leeks and green garlic and saute until bright green and tender, 5-10 minutes. Add the salt, potato, and enough of the reserved asparagus cooking water to cover the vegetables, 4-6 cups. Bring to a boil, then cover the pot and simmer until the potato is very tender, 10 minutes.

Remove the lid and let the soup cool to warm, 30-60 minutes. (This is to preserve the color of the asparagus, but you can skip the cooling step if you prefer.)

Add the asparagus, reserving several pretty heads for garnish, and puree the soup with an immersion blender, or in batches in a regular blender, thinning with more asparagus water as needed. Stir in the juice of half a lemon, taste for salt, adding more salt or lemon as you see fit.

Meanwhile, stir together the yogurt and lemon zest.

Re-warm the soup, and serve in bowls with a dollop of lemony yogurt and a couple of asparagus tips. The soup will keep in the fridge for up to three days.