



Riverdog Farm

May 2, 2016

Riverdog Farm Veggie Box News

Box Contents

1 bu Asparagus
1 bu Red Russian Kale
1 bu Carrots
1 hd Fennel
1 hd Batavian Lettuce
½ lb Snow Peas
1 bu Green Garlic
1 bu Scarlet Queen
Turnips
1 bu Sage

Payment for the May deliveries is due by **April 30th**.

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/56c4d45345bf21edd2652952/1455739987593/2016capaymentschedule.pdf>

Box Notes

Spring is lingering in the valley, the veggie box contents reflect the cooler night time temperatures and mild days of the season. Only a few more weeks of asparagus, fennel, and peas to go. Then we anticipate the first summer squash in June, apricots in late June, and the beginning of cherry tomato season in early July. Like beets, both the tops and the roots of the turnips are edible and delicious. Rinse the tops well, sauté with olive oil and green garlic. Enjoy as a side veggie with any roasted meats, atop polenta, or with pasta.

Field Notes

Our triticale crop is looking robust this year. Visit our instagram account: RiverdogFarm to see photos of the grain fields. We grow the grains as a crop rotation and for our livestock feed. Once harvested, the grain is soaked in whey from Cowgirl Creamery then fed to our pastured chickens and hogs.

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.

Turnip Apple Fennel Salad

From:

http://sfc.smallfarmcentral.com/dynamic_content/uploads/files/3051/Salad%20Turnips.pdf.

Dressing: In a small bowl, whisk together: 1 T. fresh lemon juice, 1 tsp. sherry vinegar, ½ tsp. white balsamic vinegar, and ½ tsp. Dijon mustard. Slowly whisk in 3 T. extra virgin olive oil until dressing thickens. Season with salt and pepper to taste.

Salad:

1-2 bunches small salad turnips and/or radishes, trimmed
1 carrot, very thinly sliced (or shredded or cut into matchsticks)
1 sweet-tart apple (like Gala, Fuji or Honey Crisp), unpeeled and cut into thin wedges
1 fennel bulb, thinly sliced, optional
4 cups mixed salad greens of your choice
¼ C. diced dried apricots or Craisins
¼ C. shelled pistachios (can substitute toasted pecans or other nut)
•Place vegetables and apple slices in a medium bowl. Toss with half the dressing.
•Place salad greens in a large bowl and toss with remaining half of dressing.
•Divide greens onto 4 salad plates. Top with dressed turnip mixture. Sprinkle with apricots or raisins and nuts. Season with salt and pepper, and serve/eat.

Raw Turnip Salad

From:

<https://smallfarms.wordpress.com/2010/05/31/scarlet-queen-turnips-spring-onions-and-broccoli/>.

1 cup grated raw young turnips
1 cup grated apples
1/2 cup fresh parsley
3 T fresh lemon juice
1 T olive oil
salt and ground pepper
Toss the turnips, apples, parsley, lemon juice and olive oil in a large bowl. Season with salt and pepper to taste. Cover and refrigerate for 1 hour.

Turnip and Split Pea Soup

From:

<http://www.wordenfarm.com/recipe/turnip-split-pea-soup.html>.

¾ c dried split peas
2 tb olive oil or butter
1 onion, chopped
1 c carrots, chopped
1 c turnip, chopped
Turnip greens, cleaned and chopped, optional
2 c vegetable stock
2 bay leaves
Salt & pepper to taste
Splash of vinegar

Wash peas and soak them overnight in cold water, or in hot water for one hour. Drain them and set aside. Heat the oil or butter in a saucepan and sauté the onion until light brown. Add the carrots and turnips and continue cooking 5 minutes. Add the peas, bay leaf, and vegetable stock, and stir well. Cover the pan, bring to a boil, and simmer 1 - 1 ½ hours until the peas are really tender. Stir occasionally, and add water if necessary. Season to taste. Stir in turnip greens 1-2 minutes before removing from heat. Serve with a splash of vinegar.

Adapted from Mariquita Farm's Recipe File

Fettuccine with Brown Butter and Sage

Adapted from:

<http://www.epicurious.com/recipes/food/views/fettuccine-with-brown-butter-and-sage-241121>.

1-8.8-ounce package dried egg fettuccine (such as De Cecco)
4-1/2 tablespoons butter
20 fresh sage leaves, stemmed
2 tablespoons beef broth and 2 1/2 tablespoons low-salt chicken broth
5 tablespoons grated Parmesan cheese plus additional for serving
Cook pasta in large pot of boiling salted water until tender, stirring occasionally. Drain, reserving 1/2 cup cooking liquid.
Meanwhile, melt butter in heavy large skillet over medium-low heat. Add sage leaves and cook until edges curl and butter is dark amber (do not burn), stirring and turning leaves occasionally, about 6 minutes. Transfer sage to paper towels. Add stock to brown butter.
Add pasta and 5 tablespoons grated Parmesan cheese to brown butter mixture in skillet; toss to coat, adding reserved cooking liquid by tablespoonfuls if dry. Season with salt and pepper. Divide among bowls. Garnish with fried sage leaves, passing cheese alongside.