



What's in your CSA farm share!

Carrots—Store in fridge in plastic bag for 1 week.

Green Leaf Lettuce—Store in the fridge in a plastic bag for 1 week.

Pac Choi (aka Bok Choy)—Store in the fridge in a plastic bag for 1 week. Entirely edible!

Purslane—Store in fridge in a plastic bag for 1 week. Entirely edible: pick off leaves and chop into salad. Stalks can be lightly boiled. Superfood!

Radishes—Store in plastic bag in fridge for 1 week. Entirely edible!

Scallions (aka Green Onions)—Store in plastic bag in fridge for 1 week. Entirely edible!

'Hakurei' Salad Turnips—Store in fridge in a plastic bag for 1 week. Entirely edible!

Baby 'Tatsoi' Summer Spinach—Store in the fridge in a plastic bag for 1 week. Salads or stir-fried quickly!

Garlic Scapes—Store in fridge in a plastic bag for 1 week. Use like garlic!



Ripley Farm is a MOFGA Certified Organic farm and we spray NO chemicals. Although we wash all our produce, we still recommend rinsing it to remove any grit before enjoying.



RIPLEY FARM

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Please
return
your box!

July 10, 2019—Summer CSA pick-up 2 of 16

Dear Members,

Okay, welcome back for Week 2 of your Summer CSA share! How did it go last week? Did you finish everything? I just made a “clean out the fridge” salad to make room for this week’s share. It was chopped radish tops and tatsoi spinach topped with grated carrots, sliced radishes and salad turnips, and minced dill. Hit the spot for lunch!

If you are struggling to eat it all up and are looking for ideas, please check out our online cookbook of our favorite recipes, the “Vegetable Gallery of Recipes,” on our website. Many CSA members love this resource for helping them use up their veggies.

It feels like summer now, thankfully! But, anyone remember how S-L-O-W the spring was? We certainly do! As we slogged through the cold and wet May we knew that things would be a little bit behind with the season come early summer CSA.

Discovering that our first planting of snap pea seed totally rotted in the ground before emerging was probably the low point. But, the lesson that we learn as farmers is that you have to keep going, no matter what happens. So replant and replan we did! And we are pleased to bring you another full share, despite the less-than-favorable spring!

New this week is purslane. Purslane has a succulent leaf with a slightly sour lemony taste that I find quite delicious! The entire plant is edible. The leaves are best raw in salads, chopped. The stalks can be prepared either quickly boiled or added to stir-fries. Though in some places purslane can be found as a weed, the purslane we grow is a cultivated variety grown for its unique flavor and its nutrient profile. Purslane is uncommonly high in vitamins E, C, beta carotene, Omega 3's and more! Give it a try!

And ever popular garlic scapes are here, finally! It's funny to notice how late this year is. Often times we're harvesting garlic scapes before the beginning of July and here we are harvesting them over a week into July this year. Nevertheless, they are a super treat that you only get this time of year! What are garlic scapes? They are the flowering stalks of hard neck garlic and are completely edible! Yes, they taste like garlic. Yes, you can use them just like garlic, in stir-fries, salad dressings, casseroles, etc.—really anywhere that calls for garlic. Just chop/mince and add in! Or make them into Garlic Scape Pesto, which is a CSA member favorite recipe! Delicious!

Onions of all kinds loved all that rain we got the past couple months, so we're excited to present the first scallions of the year! Scallions aka Green Onions aka Spring Onions (yes they're all the same thing) make a great addition to raw salads or quick stir-fries or even on the grill! Robert is going to make Vietnamese Pho with his!

Enjoy the veggies, and we'll see you next week!

Chinese Purslane Stir-Fry

- 1-2 TBLS cooking oil
- 1-2 garlic scapes, chopped
- 2 scallions, chopped
- 1 bunch purslane, leaves picked off, stems chopped
- 2 cups pac choi, stems & leaves chopped
- 1 TBLS soy sauce
- ½ tsp sesame oil

½ teaspoon sugar (or other sweetener)

Heat oil in large skillet over med-high heat. Add scapes, scallions, purslane stems and pac choi stems. Stir-fry 2-3 min. until softening. Add leaves of purslane and pac choi with soy sauce, sesame oil, and sugar. Stir-fry 1 minute. Serve hot.