



What's in your CSA farm share!

Carrots (no tops)—Store in plastic bag in fridge for 2 weeks.

'Sugar Ann' Snap Peas (Edible Pods, DO NOT SHELL THESE)—Store in plastic bag in fridge at room temperature. Use up quickly.

Red Leaf Lettuce—Store in plastic bag in fridge for 1 week.

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

Cilantro—Store in plastic bag in fridge for 1 week. Salad dressings, garnish soup, dips, or freeze.

Radishes—Store in plastic bag in fridge for 1-2 weeks.

'Hakurei' Japanese Salad Turnips—Store in plastic bag in fridge for 1 week. Tops are also edible!

Garlic Scapes—Store in plastic bag in fridge for 2+ weeks. Entirely edible, use like garlic!

'Detroit Dark Red' Beet Greens and Baby Beets—Store in plastic bag in fridge for 1 week. Keep leaves covered to prevent wilting. Wash very well to remove any lingering grit.



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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Thank you
for your
support!

July 10, 2024—Summer CSA pick-up 2 of 16

Dear Members,

How did your first week go?? I hope you enjoyed the veggies and are ready for more, because here's more freshness straight from our small family farm to you!

And boy, has it been hot on our family farm the past week. With no A/C in our house we've been driven to swimming as much as possible on our time off. The farm is certainly enjoying the heat and the often-enough rain. The greens are happy, the tomato plants are huge, and so is everything in between! All and all, things are growing well, and we can't ask for more!

Its salad days in the farm share this week, perfect for the hot weather. The cool thing is that so many of the veggies in this week's share can be eaten raw in salad including the carrots, peas, lettuce, cilantro, radishes, salad turnips, and even garlic scapes in salad dressing! Wait, back up, turnips? Raw? You must be crazy, right? Nope! These are not your average turnips. Notice that little word "salad" before the turnip? That makes all the difference if you're on the fence about trying these. They're tender, sweet, crunchy, mild and meant to be eaten raw or lightly cooked. Try them, try them, and you may... We love them cut up into sticks with dip or sliced into salad. They can be quick pickled. Or roasted, stir-fried, or sautéed in butter. Or try them greens and all in Amber's Turnip Soup with Greens (a big customer favorite recipe). The website has this one and other great recipe ideas for your salad turnips!

Radishes are also new this week. These are delicious on sandwiches, on salads, pickled, or in stir-fries or made into kimchi. Similarly used to salad turnips, but with a different flavor and more bite. And if the bite puts you off, please be sure to cook yours as cooking them takes away the sharp edges and smoothes out the flavor and brings out the sweetness in them. Ours will certainly disappear in salad...

Peas!!! Who really needs encouragement to eat these!?! BUT, please don't forget these are snap peas! So please don't shell these—they're entirely edible!

Cilantro is last but certainly not least! Cilantro is a fresh tasting herb that is used extensively in cuisines all over the world from Mexico to Asia. Due to unfamiliarity, cilantro has acquired a controversial flavor profile in this part of the world that has divided our CSA members into either loving it or, well, not eating it. If you fall in the reluctant camp, try it cooked into a soup or other Asian flavored dish. The "soapy" essence should fall away if you avoid eating it plain. We love the Carrot Cilantro Soup on the website. I love it in Indian cooking as well as to top chili, added to salsa, and in salad dressings (see below). I'm planning to make the Cilantro and Spring Vegetable Chicken Salad recipe on the website for later this week/weekend.

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

Cilantro Lime Vinaigrette

2 TBLS fresh lime juice
1 garlic scape, minced
½ tsp sugar
½ tsp salt
1/8 tsp ground coriander

2 TBLS olive oil
2 TBLS cilantro, chopped fine

Mix together all ingredients and serve over salad.