



*What's in your  
CSA share:*

- Beet greens
- Lettuce
- Garlic scapes
- Scallions (green onions)
- Salad turnips
- Radishes
- Snow peas
- Baby carrots



*Pick-your-own herbs  
and flowers:*

- Thyme
- Sage
- Dill
- Winter savory
- Chives
- Garlic chives
- Calendula
- Bachelor's buttons
- Daisies
- Yarrow
- Bee Balm
- Blanket flower
- Coreopsis

**RIPLEY FARM**

Eugene and Mary Margaret Ripley  
 62 Merrills Mills Road  
 Dover-Foxcroft ME 04426  
 207-564-0563  
 www.ripleyorganicfarm.com  
 ripleyfarm@gmail.com

July 11, 2012

Dear Members,

Welcome to the first week of our 2012 CSA! Both we and our crops have been enjoying all of this sunshine. We hope you have been too.

You will be familiar with many of the items in this week's share, but some of the produce may be new to you. The scallions are just like oversized chives and can be used in their entirety. They are good in salads, soups, or stir-fries. The curly green things in the same bag with them are garlic scapes. They are the flowering tops of the garlic plants and taste just like garlic cloves. Again, the entire thing is edible.

We grow a variety of snow peas called Oregon Giant, which is like a cross between a snap pea and a snow pea. The whole pods are edible (except the stem) and they are at their best and sweetest when the peas inside the pods are somewhat swollen, unlike other snow peas that are best flat. Use them either raw as a snack or in salad, or cooked in a stir-fry.

'Bulls Blood' is the variety of beet greens we grow. They are the appropriately named bunch of blood-red greens in your box. It is best to wash them thoroughly. Beet greens, if you haven't had them before, are best steamed whole with their roots attached until tender. We like them served with lots of butter and a little vinegar.

There are salad turnips and radishes in your boxes this week. The radishes are the cylindrical white-and-red roots and are used just the same as round radishes. The all-white roots are Hakurei salad turnips. This may be a new vegetable for many of you, but I encourage you to try them even if you are a turnip hater. They are possibly our single most popular vegetable at farmers' market. They're great sliced into salads or very lightly sauted in butter. Many of our farmers' market patrons say they eat them out of hand like an apple! Or use them in a vegetable stir-fry like the recipe below.

A few notes on our produce:

- All of our produce, including greens, should store in plastic bags in your fridge for a *minimum* of one week. Please don't assume something has gone bad just because you've had it several days.
- As a Certified Organic farm, we don't spray chemicals on our veggies, and we do take care to wash all our produce after harvesting it, but we still recommend you washing it before eating it.
- As part of our food safety plan we cannot accept used plastic bags for reuse.
- As we've mentioned previously, we DO reuse the wax boxes your share comes in. Please be mindful of this fact when storing your box during the week, and don't store them with household chemicals or in unsanitary conditions.

Check out the Vegetable Gallery section of our website for crop-by-crop info (with pictures) on cooking and storage basics, as well as many recipes.

Have a good week!

**See reverse for this week's recipe!**

### Asian Stir-Fry

½ bunch salad turnips, sliced

1-2 garlic scapes, diced

¼ # snow peas, cut into bite-size pieces

1-2 scallions, chopped, separated into green tops and white stalks

1/4-1/2 tsp chili flakes

Heat 1-2 Tbls cooking oil over medium heat in a medium-sized skillet. Add the salad turnips, scapes, scallion stalks, peas, and chili flakes and cook until vegetables are just tender, 3-5 minutes. Add the scallion tops and cook a minute longer. Remove from heat and pour the following dressing over the veggies: 3-4 Tbls olive oil, 1 Tbls cider vinegar (or lemon juice), and 1 Tbls naturally fermented soy sauce. Serves 2-4.