



## What's in your CSA farm share!

**Red Russian Kale**—Store in fridge in plastic bag for 1 week. Keep leaves covered to prevent wilting.

**Bok Choy (Pac Choi)**—Store in plastic bag in fridge for up to 1 week. Entirely edible!

### 'Tatsoi' Summer

**Spinach**—Store in plastic bag in fridge for 1 week. Great steamed or stir-fried with garlic.

**Garlic Scapes**—Store in plastic bag in fridge for 2-3 weeks. Entirely edible and use like garlic!

### 'Hakurei' Salad

**Turnips**—Store in plastic bag in fridge for 1 week. Roots AND greens are edible. Try it!

**Dark Red Oakleaf and Green Leaf Lettuces**—Store in plastic bag in fridge for 1 week.

**Radishes**—Store in fridge in plastic bag! Separate greens for best storage and eat them, too!

**'Sugar Ann' Snap Peas**—Store in fridge in plastic bag for 1 week. Pods are edible! Snap the tops!



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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Return  
your box  
next  
week!

July 11, 2018—Summer CSA pick-up 1 of 16

Dear Members,

Welcome to the 2018 Summer CSA! This week we have officially started our first harvest of our 10<sup>th</sup> year of farming as Ripley Farm. Thanks for joining us! Congratulations on your commitment to eating more and different veggies—This first week will certainly help you do that!

Speaking of variety, does this week's share intimidate you? If so, please remember to check out our website's Vegetable Gallery of Recipes for inspiration. **So many members say that it is the first place they look for ideas!**

Likely new this week are Asian greens. Bok choy (aka pac choi) are the light green fan-like heads in your box. They are so pleasingly crunchy and mild that you can eat them raw in a salad or in our website's 'Pac Choi Slaw.' Or try them in a soup, or a stir-fry, or braised as in the recipe below. Our pac choi tastes entirely different from the grocery store kind, so give it a try and let us know what you think! 'Tatsoi' summer spinach is a baby leaf Asian green that can be used just like spinach. Raw in salads, cooked quickly in a stir-fry, or steamed. This was a popular item at Farmers Market.

Garlic scapes are the flowering tops of hard neck garlic. Their garlic flavor is a welcome taste of what's to come and they are entirely edible. Chop them up and throw them in stir-fries, soups, salads, salad dressings, etc. Or make them into pesto, hummus, or 'Robert's Garlic Scape Spread.' Can't get to them all this week? No prob: Either 1. store them in the fridge for a couple of weeks or 2. chop them up, put them into a ziplock bag, and freeze. 'How 'bout 'at?' to quote my two year old!

And then there's kale. And by now I'm sure we've all heard of kale. We've also all heard that kale is good for us. But, we may not have all gotten to the "I love kale" stage of our lives. Well, we're here to help! Our website has a huge number of ideas for kale, so don't forget to check it out. A great place to start is with 'Kale Skeptics Salad.' Or try the 'Vegetable Pancakes', which was a big hit last year. Or join our free online Facebook CSA member group to get support to work through your fears. ;)

Salad *turnip*? Wait, "I don't like turnips," you say. Back up. These turnips are different from 'regular' turnips. You can eat these raw in a salad, or cut up into veggie sticks with a dip, or even just out of hand like an apple. They're also so good lightly sautéed in butter or in a stir-fry. Super versatile and sure to surprise! They're so much of a different vegetable that they often disappoint our die hard turnip lovers with their mild, sweet, crunchy taste. 'Amber's Turnip Soup with Greens and Bacon' is so good!

Enjoy and see you next week!

### Braised Pac Choi (Bok Choy)

Cooking oil

1 garlic scape, minced (or 1 clove garlic)

1 slice fresh ginger root, peeled and cut into strips

1 bunch pac choi, halved lengthwise, and rinsed

½ cup water

1 TBLS soy sauce

hot chili flakes, to taste

Heat oil in skillet and sauté garlic and ginger quickly for 10 seconds. Add pac choi, water, soy sauce, and hot pepper. Simmer covered until fork tender, about 5-10 minutes, depending on size. Flip pac choi halfway through to cook evenly.