



What's in your CSA farm share:

Lettuce—Store in plastic bag in fridge for up to 1-2 weeks.

Baby Carrots—Store in plastic bag in fridge for up to 1-2 weeks.

Swiss Chard—Store in a plastic bag in fridge for up to 1-2 weeks. Keep all leaves covered or it will wilt.

Chinese Leaf Cabbage—Store in plastic bag in fridge for up to 1 week.

Snap Peas—Store in plastic bag in fridge for up to 1 week. String and eat the whole pod!

Snow Peas—Store in plastic bag in fridge for up to 1 week. String and eat the whole pod!

Garlic Scapes— Store in plastic bag in fridge for up to a month.

Scallions—Store in plastic bag in fridge for up to 1-2 weeks.

Mesclun Mix—Store in plastic bag in fridge for up to 1-2 weeks.



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



RIPLEY FARM

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Return
your box
next
week!

July 10, 2013

Dear Members,

How was your first week of vegetables? We hope everyone enjoyed the farm share last week. We've got another great one coming your way today!

This past weekend we got our fall cabbages into the ground and today we'll be working on getting our fall broccoli in as well. With most of our fall crops already in there'll be plenty of moisture to carry them through what is often a dry summer. Summer crops like beans and zucchini are starting to flower while spring crops like peas are ready for pickin'!

This week you'll get both snap peas and snow peas in your box! Don't shell either of these babies! Both kinds are entirely edible, pods and all. Just snap and snack! The snow peas that we grow are a jumbo variety called 'Oregon Giant'. Snow peas are wonderful additions to a quick stir-fry with other veggies from your share. Check out our Sesame Snow Pea stir-fry recipe below.

New this year! We've answered a request for different Asian greens with bunches of very tender, light green Chinese Leaf Cabbage called 'Fun Jen'. And it is really fun and versatile, too. The leaves are mild and tender enough to chop and put into your salads with your lettuce. Or chop and throw them in a super fast Asian-inspired stir-fry with garlic scapes, scallions, and a dash of soy sauce. This leaf cabbage will cook very fast.

Your cooking green this week is Swiss Chard. This green is in the beet family and is a great side dish simply steamed until tender and topped with salt, pepper, butter and a dash of vinegar. I also like to use Swiss chard with eggs in omelets or quiches.

The bag of baby mixed salad greens are especially young and tender this week. We really enjoy our salads this time of year as they become a premium in the hot days of late summer.

Our Friday members are getting the honor of the very first baby carrots from our fields! Savor and enjoy them at their most tender stage.

Have a great week!

Snow Pea Sesame Stir-fry

½ lb snow peas, strings removed and chopped

1-2 Tablespoons cooking oil

1 scallion, chopped including greens

1 garlic scape, minced or 1 tablespoon minced garlic

1-2 tablespoons pine nuts (or minced walnuts)

1 ½ teaspoon toasted sesame oil or 2 tablespoons toasted sesame seeds

Salt and pepper to taste

Heat oil on medium-high and add snow peas and scallions. Stir-fry for 3-5 minutes stirring. Add nuts and stir 1 minute. Remove from heat, stir in toasted sesame oil, and season. Serve immediately.