



What's in your CSA farm share!

Carrots—Store in plastic bag in fridge for 2+ weeks.

'White Russian' Kale—Store in plastic bag in fridge for 1 week. Keep leaves covered to prevent wilting. Discard tough inner mid-ribs.

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

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

'Hakurei' Japanese Salad Turnips—Store in plastic bag in fridge for 1-2 weeks. Mild, great for snacking or light cooking!

'Tokyo Bekana' Chinese Leaf Cabbage—Store in fridge in plastic bag for 1+ weeks. Entirely edible! Stir-fry, slaw, salad, or dip the stems. Juicy!

Kohlrabi—Store in plastic bag in fridge for 1 week. Peel down to white part. Leaves are edible, too!

Garlic Scapes—Store in plastic bag in fridge for 2+ weeks.

Radishes—Store in plastic bag in fridge for 1-2 weeks. Tops are edible!

**Summer Squash/
Zucchini**—Store in plastic bag in fridge for 1+ week.



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 14, 2021—Summer CSA pick-up 2 of 16

Dear Members,

How did your first CSA share of the year go for you? We love hearing your experience with the CSA! What works for you? What questions do you have? Email us at ripleyfarm@gmail.com or post in the CSA member Facebook group!

Friday brought us over 2.5" of needed rain, alleviating the drought and much anxiety from your farmers' hearts and minds!

Tips to help you maximize your veggie storage this week and beyond: Snip greens from the roots of bunches like radishes and kohlrabi. Remove rubber bands from cilantro and other herb bunches. Put greens in individual bags with a paper towel in the bag to keep the moisture regulated. They will stay in better condition that way.

If you've never met kohlrabi before, it has a mild taste, like a cross between turnip and apple, and a crisp texture that is good for raw snacking. The trick is to find the butt end and cut away 1/2" of the bottom. Then peel the tough skin all the way down to the white underneath. Then cut into match sticks for dipping or make the Kohlslaw recipe on our website (several others there, too). Or try the quick pickles below. Yum!

Salad turnips are also new this week! Kids love these so don't discount them! They're tender, mild, sweet and juicy-crunchy in a pleasing way that can be used raw in salads (or snack sticks) or lightly cooked in a gentle sauté or stir-fry. I also like them roasted (see website for recipe). Make a compelling dip like my favorite EASY one which is sour cream, a squirt of Dijon mustard, and salt and curry powder to taste. This gets my otherwise reluctant daughter trying to beat my husband to the turnip sticks!

Garlic scapes again! Have you tried pesto yet? It's seriously good (think addictive) and also freezes well! And cilantro! What about on your eggs or make Migas (see recipe on the website). Or Carrot and Cilantro Soup. Or my current fave = FRENCH CARROT SALAD (found under Carrots on the website). OMG I could eat a gallon of this!

Do the radishes have too much bite for you? Besides eating them raw, remember you can COOK them! I love them in a stir-fry or roasted. There are ideas on our website's radish recipe page and check out the blog post I wrote for you: www.ripleyorganicfarm.com/how-take-bite-radishes-and-love-them

The lightest green lettuce-y looking thing is a leafy version of Chinese Cabbage. It's so sweet, tender, and juicy that you can use it raw like lettuce or in a quick stir-fry.

Best for last: KALE! Come on you've got to try it. Steamed, chips, juiced, souped, whatever you do, just remove the inner midribs before eating. They're the tough part! Our 'White Russian' variety is the most tender of all kales! It will surprise!

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

Quick Pickled Kohlrabi Sticks

- 1 bunch kohlrabi, greens removed, bulbs peeled and cut into 1/2" batons
- 1 cup each water and white vinegar
- 2 tsp each salt and sugar
- 2-4 garlic scapes, coarsely chopped
- 1 tsp black peppercorns, lightly crushed

In small saucepan heat water, vinegar, salt, and sugar to a boil. Stir to dissolve, remove from heat, and add scapes and peppercorns. Pour this over the kohlrabi sticks packed into a one quart canning jar. Cool, cover, and refrigerate.