



What's in your CSA farm share:

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

'Tin Tin' Mini Romaine Lettuce— Store in plastic bag in fridge for 1 week.

'Sugar Ann' Snap Peas—Store in plastic bag in fridge for 1 week. Snap strings and eat whole pod! DO NOT SHELL THESE!

'French Breakfast' Radishes—Store in fridge in plastic bag for 1 week. Edible greens!

'Oregon Giant' Jumbo Snow Peas— Store in fridge in plastic bag for 1 week. Snap strings and eat whole pod!

Japanese White Salad Turnips— Store in fridge in plastic bag for 1 week. Greens are edible!

Garlic Scapes— Store in fridge in plastic bag for 2 weeks. All edible!

Baby bunching carrots— Store in fridge in plastic bag for 1 week.

Cilantro—Store in fridge in plastic bag for up to 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 before enjoying.



RIPLEY FARM

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

Return
your box
next
week!

July 16, 2014—Week 3 of 16

Dear Members,

I was planning to tell you about how great everything was looking on the farm in this newsletter today. But, I guess it's better to not count my chickens.... err, carrots before they come up! Thanks to a series of severe thunderstorms that dropped 3+ inches of pounding rain on the farm last night, our latest fall carrot and beet plantings that were about to germinate got washed away. We'll have to replant those this weekend and hope for the best as it is our last chance before it's too late to get a crop!

Luckily much of the rest of the farm remained unscathed and IS looking great. By the end of the weekend we'll have finished a final weeding on our winter squash crop that is now flowering. We'll have started hand weeding our one-inch-tall fall carrots that badly need attention. You all are invited to see our beautiful vegetables in their native habitat at this year's **Open Farm Day at Ripley Farm! Come out to the farm on Sunday July 27 between 1 and 4pm** and check it out! We'd love to see you here!

Our summer cabbage has come in! I'm excited because this week's share is perfect for making my first batch of kimchi, a Korean fermented vegetable condiment! I grate/chop cabbage, carrots, radishes and garlic scapes, add hot pepper, ginger and salt and let it sit until bubbly and fermented. Delicious! Cabbage is also so versatile in the kitchen, great raw in a cole slaw or cooked in a stir-fry. Do you know how easy it is to make a stir-fry? A great way to clean out your fridge and make a quick meal, a stir-fry can be made out of almost any veggies! Just chop, sauté quickly, and add spicing. Served hot as a side, or with rice, meat, or eggs, stir-fries are a Ripley summer staple!

Another great vegetable for stir-frying is the snow pea. Now, wait a minute before your dismiss our beloved snow peas as strange overgrown imitations of the tasteless ones in Chinese restaurants. Our jumbo variety of snow peas called 'Oregon Giant' are sweet, crunchy and tasty! In fact, they are at their peak in sweetness when the round peas inside are full and the pod is almost puffy looking (quite the opposite of the classic flat podded snow pea). Just snap off the tops and eat the whole pod, either cooked in a stir-fry or miso soup with cabbage, or raw, as you would eat the snap peas, or sliced into a slaw salad. Enjoy your peas as they have a short, but sweet, season! ☺

This week's radishes are long cylindrical bicolor radishes called 'French Breakfast'. If you don't like the heat of radishes, try cooking them say in a stir-fry (wink, wink). Cooking really mellows out the bite and makes a whole new veggie out of plain radishes. Also, one of our Friday members said she roasted hers with success!

Cilantro is one of our favorite herbs and is great with fish, in salad dressings, or in our website's Carrot and Cilantro Soup and Cilantro-Lime Ice Cream! Gene dressed up our farmers market hake with the website's Cilantro Sauce this weekend!

Chef Gene's Stir-Fry of the Day

- ½ cabbage, thinly sliced
- ½ pound snow peas, chopped
- 1 bunch radishes, chopped
- 2 garlic scapes, minced
- 1-2 tablespoons ginger, minced

Heat oil on medium-high, add veggies and stir until tender-crisp. Remove from heat and pour over the following dressing: 1 TBLS each maple syrup, cider vinegar, soy sauce, 2 TBLS olive oil, and ½ tsp cayenne powder. Toss & serve.