



## What's in your CSA farm share!

**Carrots (no tops)**—Store in plastic bag in fridge for 2 weeks.

**Scallions (aka Green Onions)**—Store in plastic bag in fridge for 1 week. Keep entirely covered in plastic to prevent wilting.

**Mini Bibb Lettuce**—Store in plastic bag in fridge for 1 week.

**Green Curly Kale**—Store in plastic bag in fridge for 1 week. Keep greens completely covered in plastic to prevent wilting.

**Basil**—Store in plastic bag at room temperature. Use up quickly!

**Purple Kohlrabi**—Store in plastic bag in fridge for 1-2 weeks. Peel away the tough purple skin and discard (so sad, I know).

**Garlic Scapes**—Store in plastic bag in fridge for 2+ weeks. Entirely edible, use like garlic!

**Green Cabbage**—Store in plastic bag in fridge for 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 to remove any grit before enjoying.



## RIPLEY FARM

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Thank you  
for your  
support!

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Dear Members,

This past weekend, we went away for a very short trip to western Maine to hike and swim in celebration of our now four year old's birthday. It was a lot of fun! And when we got back I noticed that the tomato plants had grown at least a foot, perhaps two feet during that time. That it is good growing weather for most things is an understatement. We've had lots of delicious heat and humidity, great for summer-loving veggies, and more than enough rain to fill a child's kiddie pool in the past week alone! Farmer Gene reports we've had 8 inches in the past week and a half... wow!

Now some things like this summer's conditions and some not so much. The overabundance of rain has brought on unexpected disease conditions to the peas as fast as lightning so we'll have to see them again next year! The roots and greens and cabbage are loving it all, as seen in this week's share. And the summer crops like summer squash, cukes, tomatoes, and green beans are all coming soooooon!

Today is the very first harvest of fresh green cabbage of the season! And, folks, these will not disappoint. They are MY FAVORITE thing this time of year for the sweet, clear, clean flavor with super crunch and squeaky crispness. YUM! And would you know? Our now four year old requested coleslaw for her birthday meal. She loves coleslaw of all kinds, but her favorite is the Coleslaw with Raisins recipe on our website. Give it a go! (My favorite is Lemony Coleslaw, or try the new mayo-free recipe below. Great for hot weather.) Or put it into soup, stir-fry, unstuffed cabbage rolls, oh my!

Now, to the elephant in the bag... I mean that purple spherical monster. What IS that, you ask? That's kohlrabi, friends, and please don't succumb to fear due to its unfamiliar appearance. It's actually a fun, crunchy, sweet, pleasing veggie that you'll love if you give it a chance. The key to loving it is to make sure to peel away that purple layer (which is a tough skin) to reveal the edible white interior. Although it is in the cabbage family, it has a texture more like jicama and a taste similar to cabbage but sweeter. I like it cut into sticks with dip (so do our kids). You can eat kohlrabi raw or cooked. It can be used as a low-carb substitute for potatoes in stews/soups. It can be roasted or pickled or made into fritters. Or made into a slaw as a feature veggie or thrown in as a larger component of a mixed salad. Check out our website as we probably have the most kohlrabi recipe ideas on the entire internet! Haha!

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

### No Mayo Coleslaw

½ medium green cabbage, shredded  
1-2 carrots, peeled and grated  
1-2 scallions, chopped

Combine veggies in large bowl. Pour over the following dressing whisked together:

1/3 cup apple cider vinegar  
3-4 TBLS olive oil  
1 TBLS honey (or more to taste)  
1.5 tsp Dijon mustard  
1 tsp celery seed  
¼ tsp salt  
Pepper to taste