



What's in your CSA farm share?

Snap Peas (Edible

Pods)—Store in plastic bag in fridge for 1 week.

Red and Green Baby Swiss Chard (in a bag)—

Store in plastic bag in fridge for 1+ weeks.

Red Summer Crisp

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

Pac Choi (aka Bok

Choy)—Store in plastic bag in fridge for 1 week.

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

Scallions (aka Green

Onions)—Store in plastic bag in fridge for 1 week.

Purslane—Store in fridge in plastic bag for 1 week. Entirely edible!

Purple Kohlrabi—Store in plastic bag in fridge for 1 week. Cook edible leaves like kale. Peel bulb, use raw as a snack or cooked.

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

'French Breakfast'

Radishes—Store in plastic bag in fridge for 1 week. To store, separate edible greens from roots.

Fresh Bunching

Carrots—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

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

Thank you
for your
support!

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Dear Members,

"How is it going with all that rain?" is the question people ask us as well as we ask ourselves! After Sunday's pounding two inches of rain we are looking forward to a respite so the plants can grow. And we got it with more heat this week. Our soil is very well drained so we don't have ponding or flooding issues with lots of rain, thankfully!

Lots of greens still this week! I made a seasonal salad for friends who visited last week using two kinds of lettuce, scallions, carrots, radishes, salad turnips, peas, dill, and arugula! It was so fresh! Salads make easy meals especially with all this heat. I like to top mine with hard boiled eggs or leftover chicken and a homemade dressing for an easy meal. Try it with whatever you have on hand and it will help you eat more veggies!

And Swiss chard is a real treat. At our house we most often steam it and top with butter, salt, pepper, and balsamic dressing. Or blanch and freeze it. Or try one of our many favorite recipes for Swiss chard found on our website's vegetable gallery.

Parsley is new this week! We've been having a great herb year. If you're overwhelmed, remember you can freeze them easily in a little oil in plastic bags or other containers in the freezer. Or dehydrate them for later! I love parsley as a garnish for salad or soup. One CSA member makes parsley pesto which her husband loves!

Yay, peas are here! Our peas are SNAP peas! They have edible pods, AKA please don't shell these peas! I cringe when I see people shell them because they are actually ALL edible! Snap off and discard the tops. Then use the pods as snacks or with a dip raw. Or lightly sauté them and top with fresh herbs. Or add to a stir-fry with your pac choi and kohlrabi for a delicious sweet crunch. A seasonal treat at our farm!

What is that crazy looking purple thing in your share, you ask? It's a bird, it's a plane, it's kohlrabi! Never heard of kohlrabi? Here's your chance to try something new. The trick to using it is to peel away the purple skin until you see no trace of it and remove the woody ½-1 inch section near the stem. Then you can slice it raw for dips or grate it into salads or slaws (recipes on website). Or you can use it cooked in a variety of ways including stir-fries, soups (as a low carb sub for potatoes), roasted, or sautéed. My kids will ask for it raw and plain or with a dip. It will surprise you!

Purslane is likely 100% new to you! This superfood is packed full of nutrients and features a cooling lemony taste! To prepare, pick the leaves off of the stalks and use the leaves and tender upper stems raw in salads or cooked in stir-fries. I also like it in the recipe on the website, Turkish Yogurt with Purslane. The thick lower stems can be boiled in vinegar and water, drained, chilled, and topped with parsley and a dressing. Enjoy the veggies and we'll see you next week!

Sarah's Sour Cream Salad

4 cups lettuce torn into bite size pieces
¼ cup scallions, thinly sliced
½ bunch radishes, thinly sliced
1/2-3/4 cup sour cream
2-3 TBLS vinegar of choice
Salt and pepper to taste

Mix sour cream, vinegar, salt, and pepper and let stand while preparing rest of ingredients. Toss prepared lettuce, scallions, and radishes. Add dressing and combine well.