



What's in your CSA farm share:

'Oregon Giant' Jumbo

Snow Peas—Store in fridge in plastic bag for up to 1 week. Just snap and snack! Whole pods are edible—don't shell these!

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

Scallions (aka Green/Spring Onions)—Store in plastic bag in fridge for up to 1-2 weeks. Entirely edible!

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

Pac Choi (aka Bok Choy)—Store in fridge in plastic bag for 1+ week. Entirely edible!

Summer Squash/Zucchini—Store in plastic bag in fridge for 1-2 weeks or at room temperature for short term.

Carrots—Store in fridge in plastic bag for 2 weeks, removing greens if storing long term.

Green Garlic—This fresh harvested garlic is not cured, so store in fridge in a plastic bag for up to one to two weeks.

Salad Turnips—Store in fridge in plastic bag for up to 1-2 weeks. Greens are edible so keep them covered to prevent wilting.



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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Return
your box
next week

July 29, 2015—Summer pick-up 5 of 16

Dear Members,

As I sit here typing the newsletter, an ominous black cloud off to the northwest of the farm is booming loud thunder. Yep, that's right: The big news on the farm is RAIN! After countless storms have passed us by to the north, a loud crack of thunder woke me up at 4AM last night. I threw the pillow off my head, and said "RAIN!" For the next hour, Gene and I lay awake listening to the sound on our roof, making bets on how much we got. One inch...and the next round sounds like it has already begun!

Sunday's Open Farm Day was a huge success! Despite the wet weather, over 100 people came out to see the farm, including some of you! Thanks to everyone who came! Your farmers were even featured on FOX News TV over the weekend, too. If you missed the farm tour check out this video interview with us and mini-virtual farm tour: <http://www.foxbangor.com/news/local-news/10495-open-farm-day-this-sunday.html>

The recent summer weather pattern of hot, muggy, with possible thunderstorms makes planning the workload difficult. In fact, Gene is sitting in the truck waiting out the current storm to be able to finish getting the rest of the summer squash for the CSA! We're super thankful to Gene's younger brother, Sam, for helping us bring in the harvest earlier due to the threat of dangerous afternoon thunderstorms.

But, never fear! This week's CSA harvest is officially in and is as beautiful as ever, bringing you a few new items including green garlic, scallions and cilantro. Cilantro is one of our favorite herbs. While we were harvesting the bunches this morning, Carmen mentioned that she had cilantro for breakfast today mixed into the cream cheese topping her bagel. Mmmm! I want to make breakfast tacos with my bunch of cilantro this week. You can also use it with fish or chicken, in salad dressings, to flavor rice, or try our favorite way, Carrot and Cilantro Soup (found on website). Carrots and cilantro seem to go very well together, and I made another delicious combo of the two in salad form recently. Check it out below!

Two new alliums this week in your share. The scallions are finally here this year and are gorgeous and entirely edible. Use them chopped into your salads, soups, sautés, egg breakfast tacos, etc! For lunch we made a miso soup with chopped summer squash, shiitake mushrooms, scallions, and ginger. Fast, easy, and satisfying! Green garlic is a totally new thing for Ripley Farm! It's freshly harvested today and NOT dried or cured, still with the green stalk and some leaves as it stood in the field. I'm sure that you'll notice the difference when peeling it. It's hard to go wrong with green garlic. Use it just as you would cured garlic, remembering that the fresh flavor is more delicate 😊

Have a great week!

Carrot and Cilantro Salad

1 bunch carrots, cut into 1.5" x .25" x .25" sticks
4 tablespoons cilantro, chopped
1+ tablespoon lemon juice
1+ tablespoon olive oil
Salt, paprika, cayenne powder to taste
Scallions, chopped (optional)

Drop carrots into a pot of boiling water for 10 seconds. Remove to bowl and add the rest of the ingredients. Combine well and serve either room temp or chilled.