



What's in your CSA farm share:

Green leaf lettuce—
Store in plastic bag in
fridge for 1 week.

Red leaf lettuce—
Store in plastic bag in
fridge for 1 week.

**'Red Rover'
Radishes**—Store in
plastic bag in fridge for
1-2 weeks. Greens are
edible!

Beet Greens—Store in
fridge in plastic bag for
1 week.

**Scallions (green
onions)**— Store in
fridge in plastic bag for
1 week. All edible!

'White Russian' Kale—
Store in fridge in plastic
bag for 1 week.

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

**Bok choy (aka pac
choi)**— Store in fridge
in plastic bag for 1
week. All edible!



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 2, 2014

Dear Members,

Welcome to the first CSA farm share of 2014! After a slow start, we are excited to begin another year of delicious fresh veggies from our fields! Yesterday was 95 here, just about the hottest harvest weather you can get in Maine. With it this hot, we busted out the harvest before the sun wilted the crops, bringing you a serious splash of color for your fourth of July weekend, with lots of red, white, and... green! Greens are the name of the game this first week of CSA, with beautiful lettuces and other great salad fixings, perfect for that huge salad you need to feed a holiday gathering.

Many of the items in your share this week might be unfamiliar to you. Take the Japanese white salad turnips, for example. 'Turnips?' you say, 'I hate turnips.' After one bite of these juicy, sweet, mild baby turnips, you'll be sure to revise on this popular farmers market vegetable. Don't mistake these for the large storage variety in beef stews. Our Japanese turnips are tender and meant to be eaten raw as a snack with a dip or in a salad or lightly cooked in a soup or quickly sautéed in butter. I, personally, am hoarding my first bunch for one of the recipes on our website, Turnip Soup with Greens and Bacon! Yum! And, PS: the greens are edible, too, cooked or raw in salad.

Did you know we have a crazy amount of our favorite veggie recipes on our website? Don't be stumped on what to do with your veggies! Check out our Vegetable Gallery and Recipe page for over 150 recipe ideas and cooking tips! Like for bok choy (pac choi). While this popular Asian vegetable may be new to you, you're sure to love it's mild crunch in a quick stir-fry or added raw to a salad. Last year, our first share's recipe was for Pac Choi and Mushroom Stir-fry, which turned many members into pac choi aficionados. Try this recipe on our website, or create your own stir-fry and share!

You will enjoy the progression of Maine's growing season through your summer's adventure in seasonal eating with Ripley Farm! The scallions, or green onions, in your share are the very first of the onion family to become available after a long winter of storage onions and shallots (ahem, Winter CSA members). The entire green onion is edible, all the way to the tips! We enjoy them minced into salads, in quick stir-fries, say with your pac choi, or in a dip for raw veggies like radishes and salad turnips.

Red is the new green this week! Your beet "greens" are a variety grown especially for its sweet red leaves, stems and baby roots. Give these a good rinse to remove lingering grit, and steam whole until tender, adding butter, salt, pepper, and a dash of vinegar as we did last night for dinner. Delish! Cook your kale in much the same way: cut away and discard the tough mid-rib and steam until tender, topping with butter, S & P. We hope you'll enjoy our favorite kale variety 'White Russian'. It's good for ya! See you next week!

Red, White, and Blue Salad

Lettuce leaves, washed and torn into pieces

Red Radishes, sliced

White Salad turnips, sliced

Blueberries, fresh or frozen

Scallions, chopped

Toss vegetables and pour over
whisked dressing ingredients:

½ cup yogurt

4 tablespoons olive oil

1 tablespoon cider vinegar

1-2 teaspoons maple syrup

Salt and pepper to taste