



What's in your CSA farm share!

Fresh Carrots—Store in fridge in plastic bag for 1 week. Tops are edible!

Green Romaine Lettuce—Store in the fridge in a plastic bag for 1 week.

Kohlrabi—Store in the fridge for 1-2 weeks. Entirely edible, but be sure to peel well.

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

Swiss Chard (in a bag)—Store in plastic bag in fridge for 1 week.

Scallions (aka Green Onions)—Store in plastic bag in fridge for 1 week. Entirely edible! Try these on the grill whole!

'Hakurei' Salad Turnips—Store in fridge in a plastic bag for 1 week. Entirely edible!

Asian Eggplant—Store in the fridge in a plastic bag for 1 week.

Snap Peas—Store in fridge in a plastic bag for 1 week. Entirely edible!

Green Beans—Store in plastic bag in fridge for 1 week. Snap tops!



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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Please
return
your box!

July 31, 2019—Summer CSA pick-up 5 of 16

Dear Members,

Here we are over ten years into farming at Ripley Farm and we still have firsts! This week it is the first time that we've ever had peas and beans in the same CSA farm share! Thanks to the cold spring which delayed the peas, we've got them BOTH for you for this one week only! Crazy! Also the 'Hakurei' Salad Turnips have been so solid this year for us that we've had them for the first five weeks straight for the first time ever in the CSA shares! Also crazy! But after this week, they'll be gone until fall, so savor!

Summer is arriving in increments... Eggplant last week, green beans this week, hopefully summer squash and cukes next week, and then all we'll be waiting for are tomatoes! And of course peppers, too! So much to look forward to!

Thanks to all of you who came out to our annual Open Farm Day event this weekend. We had some nice toasty weather for showing off farm! The large walk-in cooler was unsurprisingly a big hit! ☺ And still this week! Literally with harvest and pack days as hot as yesterday (93 degrees) and today, we would NOT be able to get you all of this bounty in good condition without our walk-in cooler. Phew! ::wipes brow::

Lots of things are new this week! First up is kohlrabi! Yep, it's the alien looking green things in your box. But before you report an extraterrestrial sighting, hear me out. It's actually a veggie that you just might love! It's in the cabbage/broccoli family and has a pleasantly sweet, mild, crunchy, crisp taste raw. The trick to loving kohlrabi is to make sure to peel the tough outer skin well, all the way down to the white flesh underneath. Then cut it up for snacks, lightly sauté it, grate it into salad, cube it into soup, or try this week's new recipe below! PLUS the leaves can be used like kale!

Parsley is new and is a favorite herb of ours for soups, salads and/or salad dressings, tabouleh, and even pesto (yes!). Find our Parsley Pesto recipe on the website. Or simply chop yours up and mix with a tiny bit of oil and freeze for later use! That's what I'm going to do with mine!

Gene and I both last week looked at the bean plants and independently said, "two weeks". But thanks to some steady HOT weather, we checked them again yesterday and said, "yes, now"! So here you go, our very first picking of green beans for the season. I love them simply steamed with butter and salt and pepper. So so so good! I also love them in soups. Or chopped into a stir-fry! Another quick and easy idea is Sara's Parmesan Beans on the website. Even if they aren't your favorite, give these a go, because freshness really matters to the taste of beans! Enjoy the veggies!

Spicy Kohlrabi Salad

2 medium kohlrabi, peeled & halved
½-1 tsp salt
1 ½ TBLS olive oil
Cayenne pepper to taste
1 TBLS soy sauce
1 ½ tsp sesame oil
1 tsp sugar (or other sweetener)
1 clove minced garlic

2 TBLS parsley (or cilantro), minced
¼ cup scallions, minced

Cut each half kohlrabi into ¼" thick moons. Make cuts along the flat side of each half moon, going almost to the top to make a comb shape. Toss with salt and let stand 15 mins. Rinse and drain. Mix with rest of ingredients.