



What's in your CSA farm share!

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

Red and Green Leaf Lettuces—Store in the fridge in a plastic bag for 1 week.

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

Red Russian Kale—Store in fridge in a plastic bag for 1 week. Cover entirely to keep from wilting. Remove tough inner midrib before eating.

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

Dill—Store in plastic bag in fridge for 1 week. Salad dressings, soups, dips or freeze any extra!

'Hakurei' Salad Turnips—Store in fridge in a plastic bag for 1 week. Separate the roots from the greens for best storage. Greens are edible!

Baby 'Tatsoi' Summer Spinach—Store in the fridge in a plastic bag for 1 week. Salads or stir-fried quickly!



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 3, 2019—Summer CSA pick-up 1 of 16

Dear Members,

Welcome to the first week of the 2019 Summer CSA! We are so glad that you are here with us for sixteen weeks of seasonal veggies! It is a trip through time starting this week with an almost all GREENS farm share!

This week it finally feels like summer on the farm! A hot above 80 degree day will get your hands moving fast to pull the harvest in from the field before it gets too wilted. And that's what your farmers have done this week! Shout out to the awesome crew this year for doing what it takes to bring you (and me) this freshness! Thank you, Farmers Gene, Robert, Sabrina, Jean, Sam and little Harriet!

Every week I try to intuit what veggies you might need a little nudge on and mention them in the newsletter to help you use up your farm share. We also maintain an online 'cookbook', aka our website's "Vegetable Gallery of Recipes," which houses over 300 of our family's favorite recipes for veggies. Click on the veggie to bring up our list of recipes! It's the #1 resource that members say helps them use everything up!

Okay, let's start with pac choi (aka bok choy). This is a crunchy, juicy Asian green with a mild fresh taste that will surprise you. It's good raw in salads or in quick stir-fries over rice or ramen (says Farmer Sabrina). I know that the Braised Pac Choi recipe on our website was a hit last summer with CSA members. It's entirely edible!

How about 'Hakurei' Salad Turnips? Don't discount these pearly whites before you try 'em! We have converted dozens of people who have claimed they "hated" turnips, but find they love these! Why? Because they are sweet, mild, juicy, and so good. Eat the out of hand like an apple, add them sliced to a salad, or even lightly sauté them in butter. I like to roast them at 400 with olive oil, salt and pepper. Or another longtime CSA member favorite is Amber's Turnip Soup with Greens and Bacon on the website. Mmmm.... If you don't try them you'll never know what you are missing...

Kale. The "Big K" might be a no-brainer for you or you might want to turn and run away... No matter what, our kale is special. It is a Russian variety that is known for its tenderness of texture and its mildness of taste. It is a great option for the Massaged Kale Salad recipe on our website. Or, because I'm lazy, I like the basic Steamed Kale. Or get fancy and make Portuguese Kale Soup. Whatever you decide to do, make sure to cut away the tough inner midrib. Guaranteed to help you like kale better!

Baby 'Tatsoi' Summer Spinach is a tender Asian green that can be used raw in salad or quickly stir-fried, just like you would use regular spinach. We love it because it grows well in the hot summer!

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

Fried Egg with Sautéed Greens

½ onion, diced
1-2 TBLS cooking oil
2 cups pac choi, chopped, stems and greens separated
2 cups tatsoi, chopped
1 tsp soy sauce
2 eggs, fried

Heat oil in large skillet over medium heat. Add onion and sauté until translucent. Add pac choi stems and sauté until softening, 3-4 min. Add soy sauce and greens and cook until wilted, about 2 min. Top with fried eggs. Try garnishing with avocado, salsa, sour cream, etc.!