



What's in your CSA farm share!

Carrots (no tops)—Store in plastic bag in fridge for 2 weeks.

Basil—Store in plastic bag at room temperature. Use up quickly.

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

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

Dill—Store in plastic bag in fridge for 1 week. Salad dressings, garnish soup, dips, or freeze.

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

Pac Choi (aka Bok Choy)—Store in fridge in plastic bag for 1+ weeks.

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

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

White Russian Kale—Store in plastic bag in fridge for 1 week. Keep leaves covered to prevent wilting and remove tough mid-ribs before cooking.



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!

July 3, 2024—Summer CSA pick-up 1 of 16

Dear Members,

Welcome to the first Summer CSA farm share of the 2024 season! After 13 years of doing it, I can safely say you're in for an adventure! We're so glad you're here!

Your seasonal onslaught begins, and this week it certainly is a full share. But we're not just dumping a pile of veggies on you and saying "see you next week". We've got a resource for you to help you make the transition to eating more veggies easy and fun! Even the unfamiliar things (like garlic scapes) and the challenging things (like kale) and everything in between! Check out our online "recipe book" aka the Vegetable Gallery found on our website at: <http://ripleyorganicfarm.com/vegetable-gallery> for over 450 recipes for our veggies! It's organized by vegetable so choose what you are looking for and it will pull up all our ideas for you! I often reference the recipes there in the weekly newsletter. And just so you know, I make every recipe I share to make sure they're all winners. And let me tell you, that among the six adults at our lunch table yesterday, there were six people who gave this week's recipe five stars! 😊

We'll dig right in to the new stuff! Garlic scapes are bound to be new to you. These are the edible flowering skinny curly tops of garlic plants. I use them in everything. Just today I put them into two homemade salad dressing recipes (yes, we eat a lot of salad), yesterday into homemade goat cheese with chopped dill, and last weekend into a homemade chili and a cheeseburger soup. I also enjoy them chopped into eggs, made into pesto, put into stir-fry and so much more. Basically anywhere you would use garlic, because guess what, they taste like garlic! I like to trim away the bulbous part with the long skinny tail at the top, otherwise, chop, chop, chop and enjoy!

Pac choi is a popular Asian vegetable with white crunchy stems and perky green leaves. It is entirely edible. Great in stir-fries, soups, or even raw in salad. Check out our vegetable gallery for ideas, including my favorite Pac Choi and Mushroom Stir-fry.

The Big K is here. Are you afraid? I hope not because kale is not really that fearsome, especially if you know to remove and discard the tough inner mid-ribs. We grow a tender kind of kale that can be used raw in salad (see website for my go-to Lemony Kale Salad) or cooked, either simply steamed or roasted or in soup/stew. I plan to make the Portuguese Kale Soup recipe on our website with ours.

Beet greens are one of my absolute favorite veggies! I will eat them steamed for breakfast with butter, salt and pepper. If you require further guidance, check out our website for other ideas include the almost-as-easy Easy Sautéed Beet Greens which also uses garlic scapes. Enjoy the veggies and we'll see you next week!

Blistered Garlic Scapes

¼ pound garlic scapes, chopped into 3"
pieces

2 TBLS cooking oil

¼ - ½ tsp salt

Heat oil on medium in skillet. Add garlic scapes and salt. Stir to coat. Let scapes sit undisturbed 4-5 min until blisters develop. You want the oil to be just below smoking. Remove from heat. Stir around and leave in pan a couple minutes to crisp the rest of the way.