



What's in your CSA farm share:

Broccoli— 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.

Garlic Scapes— Store in fridge in plastic bag for 2 weeks. All edible!

Baby bunching carrots— Store in fridge in plastic bag for 1 week.



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

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Return
your box
next
week!

July 4, 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! This week was probably one of the hottest weeks that we'll see this summer with temperatures reaching 95+ degrees three days in a row! This morning we had an easier, cooler harvest morning, 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 lettuce and other great salad fixings, perfect for that big salad you need to feed a holiday gathering.

Many of the items in your share this week might be unfamiliar to you. Take the garlic scapes for example. The curly bunch of garlic scapes are the flowering tops of hard-necked garlic plants that appear on the tops of the plants in early July every year. These seasonal treats are only available this time of year and are a sneak peak at the coming garlic crop! The entire scape is edible and can be minced finely and added to salad dressings, stir-fries, potatoes, or made into garlic scape pesto! Or replace garlic in any recipe, adding a little bit more scapes because they're milder than bulb garlic.

We are so excited to share our very first carrots of 2014 with our Friday CSA members! These very early, baby carrots are particularly tender, sweet, and great raw or steamed whole. Get ready for a summer full of Ripley Farm's famous carrots!

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 radishes, or in a dip for raw veggies like baby carrots.

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! Happy Fourth of July and see you next week!

Asian Broccoli Salad

- 1 bunch broccoli, cut into florets
- 1 garlic scape
- 1-2 teaspoons ginger root, minced
- salt and pepper to taste
- 1 tablespoon cider vinegar
- 1 tablespoon toasted sesame oil
- 1-2 teaspoons maple syrup
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame seeds
- 2 scallions, sliced

Steam broccoli until just tender, but still a bit crunchy. Drain and cool. Combine the rest of the ingredients (except scallions & sesame seeds) into a food processor and blend until smooth. Pour over broccoli and top with sesame seeds & scallions. Toss and serve cool.