



What's in your CSA farm share:

Lettuce—Store in plastic bag in fridge for up to 1-2 weeks.

Salad Turnips and Greens—Store in plastic bag in fridge for up to 1-2 weeks. Greens are delicious!

Kale—Store in a plastic bag in fridge for up to 1-2 weeks. Keep all leaves covered or it will wilt.

Beet Greens and Baby Roots—Store in plastic bag in fridge for up to 1-2 weeks.

Snap Peas—Store in plastic bag in fridge for up to 1 week. String and eat the whole pod!

Garlic Scapes—Store in plastic bag in fridge for up to a month.

Scallions—Store in plastic bag in fridge for up to 1-2 weeks.

Radishes—Store in plastic bag in fridge for up to 1-2 weeks. Greens are edible so don't throw them out!



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 5, 2013

Dear Members,

Welcome to the first week of your adventure in seasonal eating from the fields of Ripley Farm! Today was a very hot harvest day! We're thankful to have our walk-in cooler to keep your veggies crisp during this heat. We're excited to bring you an early summer box full of yummy veggies including greens which are best this time of year.

The small white roots are called Salad Turnips and are very popular at our farmers market. Many people who claim that they "really hate turnips" love these crisp juicy sweet snacks. They're great raw and lightly cooked in butter with salt and pepper. And don't forget the other half of the package! The greens are edible and delicious either in salads or steamed or stir-fried.

Kale. We are growing a new variety this year called 'White Russian' and it's rated the best tasting and sweetest kale variety out there! Try a farmer's breakfast of steamed kale with butter. Kale is also great in soups and stews pairing especially well with sausage. To prepare, slice out the tough midribs and wash and chop the leaves.

Beet Greens are the baby leaves and baby roots of adolescent beet plants. These are a variety of beets called 'Bulls Blood' that we grow specifically for their delicious almost pinkish roots and leaves. A basic way to cook these is to steam them until tender and top with butter, salt, pepper, and vinegar.

Garlic scapes are escapes from our garlic patch! They are the flowering tops of the garlic plants and are entirely edible! And they taste exactly like garlic. Can't beat that in July when otherwise we'd have to wait until August to harvest the garlic bulbs. The peas in your box are Snap Peas and are entirely edible, pods and all. They're great snacks raw or lightly steamed with butter as a side dish.

The radishes are a variety that we love called French Breakfast and are traditionally dipped in butter as an appetizer in France. Radish greens are edible and tasty prepared in a salad. Check out the recipe below. Little known fact about radishes and their greens is that they are terrific cooked! Try radishes in a stir-fry paired with scallions, aka green onions, aka spring onions, which again are completely edible! These are the earliest onions that exist and are a real treat when they first come on.

All of the crops in your share this week are found in Ripley Farm's 'Vegetable Gallery' on our website complete with cooking tips for all and recipes for most. Also, stay tuned to our Facebook page for more ideas for this week's produce.

Have a great week and "Eat your veggies"!

Radish and Radish Greens Salad

1 bunch radishes, roots sliced, greens chopped
black pepper to taste

Dressing:

2-4 Tablespoons sour cream
2 tablespoons milk

1 Tablespoon lemon juice
3 Tablespoons minced fresh herb like dill, scallions, chives, parsley etc. (Optional)
salt to taste

Wisk up dressing ingredients. Place radish greens and radish slices in bowl and toss with prepared dressing. Add cracked black pepper to taste. Serves 2-4.