



What's in your CSA farm share!

Russian Kale—Store in fridge in plastic bag for 1 week. Keep leaves covered to prevent wilting.

Bok Choy (Pac Choi)—Store in plastic bag in fridge for up to 1 week. Entirely edible!

Beet Greens—Store in plastic bag in fridge for 1 week. Wash well to remove grit! Entirely edible. Great steamed or stir-fried with garlic.

Garlic Scapes—Store in plastic bag in fridge for 2-3 weeks. Entirely edible and use like garlic!

'Hakurei' Salad

Turnips—Store in plastic bag in fridge for 1 week. Roots AND greens are edible. Try it!

Red and Green Leaf

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

Dill—Store in fridge in plastic bag and use up quickly! Great as garnish on salads and in soups.

Scallions (Green

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



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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Return
your box
next
week!

July 5, 2017—Summer pick-up 1 of 16

Dear Members,

Welcome to the first Summer CSA farm share of 2017! After a rainy, cloudy start to summer, we're happy to celebrate with our first harvest of a bountiful first share filled with greens and more! Thank you to new and returning members who support our farm's Community Supported Agriculture (CSA). It means a lot to us!

This year we are trialing a new system for packing CSA boxes. After last year with 130+ boxes lined up in our packing shed (can you say traffic jam??), we knew we had to make a change. In the new assembly-line style packing system, each CSA box is lined with a bag and packed with the week's veggies. This way we are able to keep everything fresh, hydrated, and crisp without the use of multiple bags for each box.

You may not be familiar with all of the produce you find in your farm share this week. That is completely normal, folks! We are excited to share with new members our favorite lesser known veggies. Please direct your attention to our website's mobile-friendly online recipe database, the "Vegetable Gallery." Here we catalog all of the veggies we grow, listing basic information on storage and preparation and our favorite recipes. Don't forget to check it out today and throughout the season for inspiration!

Garlic scapes are the immature flowering tops of hardneck garlic. They taste like garlic and can be used like garlic. Chop the entire thing into a stir-fry, mince into a salad dressing, or blend them all up into a garlic scape pesto. Mmmm yummy!

Pac choi, aka bok choy, is a crunchy Asian veggie that is great stir-fried, in fried rice, grilled, in a soup, or raw in a salad. The whole plant is edible so chop it all up and throw it in your dish! Pac choi consistently turns newbies into lovers. I promise!

Turnips AND kale? Are you kidding me? Wait, stop right there, and listen. (I've gotten good at saying that since becoming a mom!) Japanese Salad Turnips are different from regular ones. They are great eaten raw in a salad or out of hand as a snack or with a dip. I love to gently sauté them in butter until tender crisp. Many members (including turnip haters) adore these for their crisp, crunchy, sweet taste.

Kale can be a tough one (literally) unless you know what to do with it. Lucky for you, we grow the most tender-leaved kale you can get, Russian Kale. PLUS, the best tip about kale is that you need to cut out the tough inner mid-rib of each piece and discard it. Most simply, we enjoy our kale steamed until very tender with a "Kale Skeptics" dressing applied to the top. Or try a massaged kale salad (add nuts/ dried fruit/ cheese of choice to makes this amazing). Try these or other recipes on the website!

Enjoy and see you next week!

Vegetable Pancakes

8 cups shredded greens (beet greens, kale, pac choi)
½-1 cup grated roots (salad turnips, carrots, etc.)
3-4 scallions, thinly sliced at an angle
6 eggs, beaten
½ cup flour
cooking oil
Salt to taste

Toss veggies, salt, and flour. Stir in egg. Heat oil in skillet on medium-high. Dollop batter onto skillet and smooth out into large ½" pancakes. Fry on both sides until cooked through. Serve hot with this sauce: <https://smittenkitchen.com/2013/05/japanese-cabbage-and-vegetable-pancakes/>