



## What's in your CSA farm share!

**Carrots**—Store in plastic bag in fridge for 2 weeks.

### 'Hakurei' Japanese

**Salad Turnips**—Store in plastic bag in fridge for 1+ weeks. Great raw!

### Green and Red Leaf

**Lettuces**—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.

### Sugar Ann Edible

**Podded Snap Peas**—Store in plastic bag in fridge for 1-2 weeks. Entirely edible! DO NOT SHELL!

### 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!

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

### Fresh Bunching

**Onions**—Store in plastic bag in fridge for 1-2 weeks. 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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Thank you  
for your  
support!

July 6, 2022—Summer CSA pick-up 1 of 16

Dear Members,

Welcome to the first Summer CSA farm share of the 2022 season! It's our 12<sup>th</sup> year at Ripley Farm doing a CSA and it's our most favorite thing in the world! So this is a big day for us. And hopefully for you, too, as it should kick off a journey to eating more veggies and getting to know where your food comes from! Yay!

We've been getting enough rain and sunshine so far that things are doing well and this week's share is no featherweight. There may be things this week that you've never seen before. So before you panic or throw them out (nooooo, wait!) I want to share with you our members' #1 BEST resource for using the CSA veggies: our Vegetable Gallery of Recipes found at [www.ripleyorganicfarm.com/vegetable-gallery](http://www.ripleyorganicfarm.com/vegetable-gallery). There you can find ALL (400+ and counting!) of the recipes that we've mentioned in newsletters over the past decade, organized by veggie. Click the veggie picture and it brings up basic info on that veggie as well as our favorite seasonal and farmer-tested recipes.

I usually like to do a rundown of all the new things in the newsletter, but for the first week there are so many new things I can't tackle them all. I put little tidbits of information on the side bar so please check there if you are stumped! And don't forget our website's Vegetable Gallery (mentioned above), too!

First up is pac choi. It is a pleasingly crunchy, mild Asian Green that is entirely edible and also known as Bok Choy. I love it in stir-fries as my favorite way to use it. We also have a great recipe for braised pac choi on the website as well as ways to use it raw in a salad/slaw. To prepare, the easiest way to get it very clean is to pull off each leaf and rinse to remove any lingering dirt. Chop/slice crosswise as per your recipe. Goes great with garlic scapes!

But wait, what are garlic scapes!? Garlic scapes are the flowering tops of the garlic plants that are maturing into garlic. You can either leave them on the plant or snap them off and get an early garlic treat before harvest. Which would you choose? Haha, yes, it is a no-brainer because they taste just like garlic! Just chop and use them like garlic! Discard the thin part beyond the little "bulb", and otherwise they're entirely edible! I put mine into whatever I'm making, be it stir-fry, soup, salad dressing, casserole, eggs, you name it. Or try Farmer Hannah's easy dip: minced garlic scapes, dill, salt to taste, and sour cream all mixed together. It really does get you eating more veggies! Eat it with carrot sticks, peas, salad turnips (yes, they're amazing raw as a snack), and even the crunchy, ultra-juicy pac choi stems!

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

### Seasonal Salad with Lemon Poppy Seed Dressing

6 TBLS olive oil  
1 TBLS Dijon mustard  
1 TBLS poppy seeds  
1 TBLS honey  
Juice of 1 lemon  
¼ cup dill, finely chopped (optional)

Mix all ingredients together until well combined. Pour over salad composed of your choice of: chopped lettuce, minced bunching onions, sliced salad turnips, chopped peas, shredded carrots, and/or minced garlic scapes.