



What's in your CSA farm share!

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

Swiss Chard (in a bag)—Store in plastic bag in fridge for 1+ weeks. Rinse before eating.

Green Star Lettuce—Store in plastic bag in fridge for 1-2 weeks. Wash well and spin dry.

Dill—Store in plastic bag in fridge for 1 week. Salads, salad dressings, garnish soup, 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. Entirely edible! Stir-fry, slaw, salad, or dip the stems. Wow!

'Tatsoi' Asian Summer Spinach—Store in plastic bag in fridge for 1 week. Great raw in salad or quickly steamed/sautéed.

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

Radishes—Store in plastic bag in fridge for 1-2 weeks. Tops are 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 7, 2021—Summer CSA pick-up 1 of 16

Dear Members,

Welcome to the first Summer CSA farm share of the 2021 season! It's our 11th year running our own CSA, and we are sooo excited to be your farmers and help you on your journey to eating more veggies and loving every bite! Go you! You can do it! Rah!

This year kicked right off with another drought. We learned hard but useful lessons from last year's severe drought that we applied to this year's drought. And we are happy to report the crops are looking great as you can see from your first share!

First order of business is inspiration to eat those lovely things, not just look at them, right? Yes, and we've got that for you! Please, right now (or rather after you finish reading this newsletter, haha) promise me you'll go to our website and check out our members' #1 BEST resource for using the CSA veggies: our Vegetable Gallery of Recipes found at 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.

First up is pac choi! It is a mild, crunchy Asian green that is entirely edible. Give it a whirl as it fast becomes a favorite for CSA members. I love it in stir-fries, soups, salads, slaws, or even braised or grilled whole. 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 for soup, stir-fry, slaw, etc. Simple starter recipes on the website are Fried Rice with Greens and Garlic Scapes, or Pac Choi and Mushroom Stir-fry.

Garlic scapes! What? They are the edible flowering tops of garlic plants that only come once a year and are highly sought after in our CSA! Just chop and use them like garlic! Discard the thin part beyond the little "bulb", and otherwise they're entirely edible! Our Assistant Manager Robert's favorite Garlic Scape Pesto recipe is on the website. I put mine into whatever I'm making. This week it's a soup and a huge stir-fry. 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, radishes, and even the crunchy, ultra-juicy pac choi stems!

'Tatsoi' Summer Spinach is a very mild, tender Asian version of spinach that is excellent raw in salad or cooked very lightly by itself or in stir-fry with other veggies.

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

Swiss Chard Breakfast Sandwich with Creamy Dill Sauce

- 1 bag Swiss chard, coarsely chopped
- 1 TBLS + 1 tsp cooking oil
- Salt and pepper to taste
- 1-2 garlic scapes, finely diced
- 1/3 cup heavy cream
- ¼ cup parmesan cheese, finely grated
- 2 tsp dill, chopped
- 2 English muffins, toasted

Heat 1 TBLS oil in skillet and saute until wilted, 3-5 min. In small saucepan heat 1 tsp oil and sauté scapes until softening, 2-3 min on med-low heat. Add cream and cheese and stir until cheese is melted and incorporated into cream. Add dill, stir 1 min. Top English muffins with chard and pour dill sauce over top. Serve hot.