



## What's in your CSA farm share!

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

**Green Oak Leaf Lettuce**—Store in plastic bag in fridge for 1 week.

**'Hakurei' Japanese Salad Turnips**—Store in plastic bag in fridge for 1 week. Tops edible, too!

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

**Purslane**—Store in fridge in plastic bag for up to 1 week. Lemony herb for salads or light cooking.

**'Fordhook Giant' Swiss Chard**—Store in plastic bag in fridge for 1 week.

**'Tokyo Bekana' Chinese Leaf Cabbage**—Store in plastic bag in fridge for 1 week. Entirely edible, great in stir-fry!

**Green Kohlrabi**—Store in plastic bag in fridge for 1 week. Peel bulbs down to white flesh. Leaves can be used as kale.

**Scallions (aka Green Onions)**—Store in plastic bag in fridge 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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Thank you  
for your  
support!

July 8, 2020—Summer CSA pick-up 2 of 16

Dear Members,

Wow, already one week down! How did it go for you? Did you get through all of your veggies and are hungry for more? (If not, be sure to consult our website for so many ideas on how to use up the rest of our share and keep up. You can do it!!!) We have another bountiful share for you this week! And we are feeling blessed for that since June turned into a very challenging drought month on the farm.

Garlic scapes are likely new for you. The round curly twisty green things in your share are the flowering tops of garlic, taste like garlic, and can be used like garlic in most applications! They are almost entirely edible, just remove the thinnest part above the yellowing swollen part. Then just chop, chop, chop and add to your stir-fries, soups, salad dressings, etc. Or make the several variations of Garlic Scape Pesto/Spread on our website. This delicious seasonal treat only comes around a couple weeks of the year!

Next up is the herb: Purslane. This superfood packs a punch and is super nutritious. I love it's lemony, succulent flavor that is refreshing in the hot summer. To prepare, pick the leaves off the stalks, rinse, and chop into salads or into a stir-fry, like the website's Chinese Purslane Stir-fry (substitute your leafy Chinese cabbage for the pac choi). The stems may also be used by following the Cooked Purslane Stems recipe.

Kohlrabi?! What, you ask? It is a relative of the broccoli and cabbage family whose sweet, crunchy, juicy taste will surprise you! The trick? Make sure to peel away and discard all of the green skin off of it right down to the white flesh inside. Then chop into sticks for snacking raw with a dip (or plain!), grating into a salad, or for cooking into stir-fry or soup. Good starter recipes for hot summer are Kohlrabi and Apple Salad and Kohlslaw, both on the website. The leaves are also edible, which can be used like kale.

Two new greens this week. The first is a Chinese leaf cabbage that we LOVE for its super tender texture, mild flavor, and attractive light green color. It looks a bit like lettuce, and can be used raw in salads and slaws (see Tokyo Bekana Slaw), but it is also great cooked in stir-fries. It cooks really quickly because it is so tender, so be prepared! The other green that is new this week is Swiss chard, which is typically eaten cooked. To prepare, remove the larger stems, and chop both the leaves and stems. Basic preparation is to steam it and put a little salt and vinegar on it. Or try my mom's go-to recipe, Mary Jo's Garlic Sautéed Swiss Chard, using garlic scapes!

Got too many greens and don't know how to use them all? Try making the "Vegetable Pancakes" recipe under Swiss Chard on our website. So, so, so worth it! Enjoy the veggies! We'll see you next week!

### Kohlrabi and Carrot Fritters

1-2 cups grated kohlrabi, peeled first  
1-2 cups grated carrot  
2 eggs  
salt, pepper, cayenne (to taste)  
yogurt and/or sour cream and/or  
mashed avocado

Combine kohlrabi, carrot, eggs, and seasonings and mix well. Heat oil in skillet on medium high. Drop spoonfuls of kohlrabi mixture onto skillet and fry on both sides until browned and cooked through. Top with yogurt or sour cream and/or avocado. Serve hot and eat up!