



What's in your CSA farm share!

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

'Detroit Dark Red'

Heirloom Beets—Store in plastic bag in fridge for 2+ weeks. Roast these and put them on your huge salads!?

Radishes—Store in plastic bag in fridge for 2 weeks. Cooked or raw!

Pac Choi (aka Bok

Choy)—Store in plastic bag in fridge for 1-2 weeks. Entirely edible!

Mesclun Mix (aka Spring

Salad Mix)—Store in fridge in plastic bag for 1+ weeks.

Green Leaf Lettuce

—Store in plastic bag in fridge for 1 week.

Sorrel—Store in fridge in plastic bag for up to 1 week.

Chives—Store in plastic bag in fridge for 1-2 weeks. Salads, eggs, casseroles, salad dressings, dips, and more!



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

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Thank you
for your
support!

May 15, 2024—Spring CSA pick-up 4 of 6

Dear Members,

Green is the theme around the farm this time of year. I'm sure it is the same at your house, too. The grass is growing green and lush. Greens in the high tunnels are growing big and tasty. And little green things are growing all around in the greenhouse as seedlings and in the fields! The tractors are whirring around the farm working the soil to get it ready for our biggest planting weeks of the season. And the baa-ing sheep and the moo-ing cows have gone out to pasture, kicking up their heels and running all round. It's pretty neat to see that they are as excited about spring as we are!

It's going to be a greens heavy two weeks for you as CSA members, for sure! You get to enjoy our very first head lettuces of the season! We organize and execute careful planning to be able to harvest lettuce heads as many weeks as possible May through November, so this is an exciting start to the "head lettuce season" for us! Enjoy it in your salads along with this week's mesclun mix. Mesclun is French for "mixture" so it's whatever we have on hand that is nice. Mesclun is also called "seasonal salad". This week it is baby lettuce, baby tatsoi (Asian green), and claytonia (miners lettuce). How about a simple dressing of olive oil, balsamic vinegar and honey?

The pac choi, also known as bok choy, is a popular Asian green around the world. And no wonder, it is mild, tender, crunchy, and fresh tasting whether you put it in your salads or quick stir-fries or soups. The stalks and leaves are equally delicious and entirely edible. To prepare, peel off each leaf and rinse behind as pac choi heads tend to harbor dirt in the crevices. I'm going to make the Pac Choi and Mushroom Stir-fry on our website to go with rice and our farm-raised organic ground beef. Yum!

The first radishes of the season are loved by all ages at our farm! They're so tender and mild. You really shouldn't need to go further than slicing them into the enormous salads you're going to be eating, but in case you do, remember they can be cooked! Put them into stir-fries or even roast or grill them. Takes the bite right out!

Last but probably the toughest will be the sorrel in your share. It's a perennial green (so comes up every year) that is lemony and sour tasting. It can be eaten raw in salads (try the Sorrel Salad with Creamy Chive Dressing on the website) or cooked in a sorrel soup most famously in France (try the French Country Sorrel Soup recipe on the website). Sorrel is pretty perishable so eat it up quickly. It is entirely edible!

How about roasting your beets and grating carrots to complete a salad with EVERY SINGLE CSA ITEM!?! Don't mind my enthusiasm... We can't offer that every time, folks, so please enjoy the veggies! See you in two weeks on May 29!

Clear Soup Noodles with Bok Choy

8 oz bok choy, rinsed + sliced into ½" strips
8 oz roasted chicken, or protein of choice
2 tsp sesame oil
3 tablespoons soy sauce
1 quart chicken broth, or broth of choice
2-8 oz rice vermicelli or noodles of choice
1 tablespoon fresh ginger root, grated
Chives for garnish

Bring chicken broth to boil over high heat. Add prepared bok choy and noodles. Simmer 2-4 min until desired tenderness. Chop chicken into bite size pieces. Add chicken and rest of ingredients. Heat through and garnish with chives. Serve immediately.