



What's in your CSA farm share?

Lettuce—Store in plastic bag in fridge for up to 1-2 weeks.

Salad Turnips and Greens—Store in plastic bag in fridge for up to 1-2 weeks. Greens are delicious!

Swiss Chard—Store in a plastic bag in fridge for up to 1-2 weeks. Keep all leaves covered or it will wilt.

Chinese Leaf Cabbage—Store in plastic bag in fridge for up to 1 week.

Snap Peas—Store in plastic bag in fridge for up to 1 week. String and eat the whole pod!

Garlic Scapes—Store in plastic bag in fridge for up to a month.

Scallions—Store in plastic bag in fridge for up to 1-2 weeks.

Radishes—Store in plastic bag in fridge for up to 1-2 weeks. Greens are edible so don't throw them out!



Ripley Farm is a MOFGA Certified Organic farm and we spray no chemicals. Although we wash all our produce, we still recommend rinsing it before enjoying.



RIPLEY FARM

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Return
your box
next
week!

July 10, 2013

Dear Members,

How was your first week of vegetables? We hope everyone enjoyed the farm share. We've got another great one coming your way today! This weekend we got our fall cabbages into the ground and this week we'll be working on getting our fall broccoli in as well. With most of our fall crops already in there'll be plenty of moisture to carry them through what is often a dry summer. Summer crops like beans are starting to flower while spring crops like peas are ready for pickin'!

This week our snap peas have started coming in! Don't shell these babies! Snap Peas are entirely edible, pods and all. They're great snacks raw plain or with a dip like hummus. Also, try them lightly steamed with butter, salt and pepper as an easy, elegant side dish. I made them this way last night and they were delicious.

New this year! We've answered a request for different Asian greens with bunches of very tender, light green Chinese Leaf Cabbage called 'Fun Jen'. And it is really fun and versatile, too. The leaves are mild and tender enough to chop and put into your salads with your lettuce. Or chop and throw them in a super fast Asian-inspired stir-fry with garlic scapes, scallions, and a dash of soy sauce. This leaf cabbage will cook very fast, similarly to the pac choi from last week.

The radishes in your box this week are a variety that we love called French Breakfast and are traditionally dipped in butter as an appetizer in France. Radishes for breakfast? Now that will wake you up! Radish greens are edible and tasty prepared in a salad with lettuce or by itself. Check out the All-Radish Special recipe below.

Little known fact about radishes and their greens is that they are terrific cooked! Actually the cooking qualities of radishes are quite underappreciated in this part of the world, while they are commonly cooked in other countries. Try sliced radishes in a stir-fry combined with garlic scapes, minced ginger, scallions, salad turnips, Chinese leaf cabbage and/or peas!

Have you found ways to use the tender white salad turnips? Some of our Farmers Market friends like to eat them like an apple! Cooking them is also a great option. Recently we made an Indian-Style dish with the roots and the greens. It was very yummy and quick. Check out our website's Vegetable Gallery for more recipes to use this week's salad turnips. Unfortunately our website has been down for a few days, but hopefully it'll be back up by the end of today or tomorrow. We're very sorry for the inconvenience! Have a great week!

Radish and Radish Greens Salad

1 bunch radishes, roots sliced, greens chopped
black pepper to taste

Dressing:

2-4 Tablespoons sour cream
2 tablespoons milk

1 Tablespoon lemon juice
3 Tablespoons optional minced fresh herb (dill, scallions, parsley..)
salt to taste

Whisk up dressing ingredients. Place radish greens and radish slices in bowl and toss with prepared dressing. Add cracked black pepper to taste. Serves 2-4.