



## What's in your CSA farm share:

**Broccoli**— Store in plastic bag in fridge for 1 week.

### Summer Crisp

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

### 'Sugar Ann' Snap

**Peas**—Store in plastic bag in fridge for 1 week. Snap strings and eat whole pod! DO NOT SHELL THESE!

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

**Pac choi (aka Bok choy)**— Store in fridge in plastic bag for 1 week. All edible!

### Japanese White Salad

**Turnips**— Store in fridge in plastic bag for 1 week. Greens are edible!

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

### Baby bunching

**carrots**— Store in fridge in plastic bag for 1 week.

**Cilantro**—Store in plastic bag for up to 1 week.



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 11, 2014—Week 2 of 16

Dear Members,

Harvest season is in full swing this week! Last week we started our CSA, and this week we're preparing for our first farmers' market of 2014 in Orono tomorrow! The farmers' market provides our 'summer income' at Ripley Farm. Even though we harvest for both the CSA and farmers' market during Maine's short summer growing season, much of our income (as you all know!) comes during the winter and spring from our wonderful summer CSA members. Our farmers' market booth, along with fall and winter income from wholesaling and our winter CSA, perfectly complements the summer CSA. This year round income stream allows us to 'make it' on the farm and to dedicate our full energy to growing the best possible produce for our customers!

Speaking of the best possible produce, we've got another great box of veggies for you! New this week is the attractive bunches of bok choi (pac choi). While this popular Asian vegetable may be new to you, you're sure to love it's mild crunch in a quick stir-fry or added raw to a salad (like the one below). Last year, our first share's recipe was for Pac Choi and Mushroom Stir-fry, which turned many members into pac choi aficionados. Try this recipe on our website, or create your own stir-fry and share!

'Turnips?' you say, 'I hate turnips.' After one bite of these juicy, sweet, mild Japanese white salad turnips, you'll be sure to revise on this popular farmers market vegetable. Don't mistake these for the storage variety in beef stews. Our Japanese turnips are tender and best eaten raw with a dip or in a salad or lightly cooked in a soup or quickly sautéed in butter. I used my first bunch in the recipe on our website, Turnip Soup with Greens and Bacon! Yum! And, PS: the greens are edible, too, cooked or raw.

Another new veggie for many is the snap pea. Sweet, juicy, edible pods mean no tedious shelling, and make a whole new vegetable out of peas! Just snap the top, unzipper the pod and enjoy these treats either raw or gently cooked. Our two favorite ways to cook them are lightly steamed with butter as an awesome side dish, or with other veggies in a quick stir-fry. That's if you don't snack them all down raw of course!

It's greens on the docket again this week with lettuce and Swiss chard. Swiss chard is delicious simply steamed, adding the stems first, then the leaves until tender as we did for breakfast this morning. Or try the 'Sweet and Sour Swiss Chard' on our website! Cilantro is a favorite herb of ours and is great with fish, salad dressings, or in our website's Carrot and Cilantro Soup. See you next week!

### Pac Choi Slaw

1 bunch, pac choi, thinly sliced  
½ bunch carrots, thinly sliced  
½ bunch salad turnips, thinly sliced  
¼ cup cilantro, chopped  
½+ teaspoon salt or to taste

Toss above ingredients in a bowl. Then, pour over the following dressing, whisked together:

2 tablespoons olive oil  
1 tablespoon cider vinegar  
1 tablespoon lime juice  
1 garlic scape, minced  
1 teaspoon maple syrup  
1 teaspoon prepared mustard  
¼ teaspoon red chili flakes

Toss slaw together, let marinate for 15 to 20 minutes, and serve!