



What's in your CSA farm share!

Carrots (no tops)—Store in plastic bag in fridge for 2 weeks.

'Hakurei' Japanese

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

Green Leaf Lettuce—

Store in plastic bag in fridge for 1 week.

Green Oakleaf Lettuce—

Store in plastic bag in fridge for 1 week.

Cilantro—Store in plastic bag in fridge for 1 week.

Salad dressings, garnish soup, dips, or freeze.

Scallions (aka Green

Onions)—Store in plastic bag in fridge for 1-2 weeks.

Arugula—Store in fridge in plastic bag for 1 week.

Beet Greens—Store in plastic bag in fridge for 1 week. Entirely edible!

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



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!

July 12, 2023—Summer CSA pick-up 2 of 16

Dear Members,

Welcome back to week 2 of CSA! How did your first week go? Here is another gorgeous looking farm share for you! How is all that rain for the farm? We have well drained soil which is a blessing in a wet year and a challenge in a dry year. This is the first wet year we've had in 3 seasons. So honestly it is a welcome change for us.

More greens this week! And if you've still got some hanging around in the back of the fridge don't forget you can freeze them! Or make pesto out of any kind of greens! I have a blog post on that topic on our website at

<http://ripleyorganicfarm.com/how-make-pesto-and-how-to-do-it>. So think any greens like kale, turnip tops, arugula, beet greens + any herbs like cilantro or dill + garlic scapes! Or do like a CSA member did, chop and freeze your garlic scapes and herbs in small portion bags for later use. Yes, they freeze well, and, yes, you can do it raw.

Despite the heat/humidity this past week, I made a pureed carrot soup with carrots, scallions, lemon juice, broth, and dill. Topped with yogurt, it was simple and tasty so much so that I intend to do the same thing this week using cilantro. This kind of soup is quick, reheats well for leftovers, and also freezes well for later, too. Yum!

Speaking of cilantro, I'm making the French Carrot Salad recipe from the website. It's SO delicious and addicting. Or you can use your cilantro in a pesto as above, in salads, in soups (another fav recipe is Carrot Cilantro Soup recipe on the website), or added to a basic chicken salad (our kids eat this no problem).

Aruuuugula! Does that word scare or intimidate you? Yes, you are right, arugula is a spicy green. BUT that doesn't have to make it scary. It can be added to salad in an amount that doesn't overwhelm because after all it is often an ingredient in the supermarket's ubiquitous "Spring Mix". Also try making the whole thing into a pesto with the garlic scapes. Use the pesto on pizza, pasta, soup, fish, as a spread on bread or on fried eggs for breakfast. Or I also like it on grilled cheese... So good!

Beet greens again this week. If you are looking for creative ways to use yours, I've got two family favorite ideas for you: Baked Greens and Feta Balls and Vegetable Pancakes. How to find these recipes you ask? Go to our vegetable gallery (aka our online cookbook) at this link: <http://ripleyorganicfarm.com/vegetable-gallery>. And you can choose whatever veggie you are looking for recipes for. So find Beet Greens and you'll find those two recipes right there for ya! PS: You can check out recipes for ALL the veggies we grow at the same vegetable gallery link above!

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

Cilantro Arugula Chimichurri

1 garlic scape or garlic clove

1 bunch arugula

1 bunch cilantro

1-2 scallions

1 small jalapeno or cayenne powder to taste

Zest and juice of 2 limes

1/4-1/2 cup rice vinegar, to taste

Salt to taste

1/2-3/4 cup olive oil, to taste

Chop garlic in food processor. Add rest of ingredients until combined. Let rest 1 hour. Store in fridge for 1 week.