



What's in your CSA farm share?

Purple Kohlrabi—Store in plastic bag in fridge for 1 week. Separate edible tops from bulbs for best storage. Peel well.

French Breakfast

Radishes—Store in plastic bag in fridge for 1+ weeks. Greens are edible!

Green Oakleaf Lettuce—

Store in plastic bag in fridge for 1 week.

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

Sugar Ann Edible

Podded Snap Peas—Store in plastic bag in fridge for 1-2 weeks. Entirely edible! DO NOT SHELL!

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

Beet Greens with Baby

Beets—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!

Swiss Chard (bunched)—

Store in plastic bag in fridge for 1 week.

Scallions (aka Green Onions or Spring

Onions)—Store in plastic bag in fridge for 1-2 weeks. 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 13, 2022—Summer CSA pick-up 2 of 16

Dear Members,

Hello mid-July! Our crops are looking so good that Farmer Gene is springing around the farm with a constant smile. Let's pray for rain to keep things going nicely!

We've planted fall carrots, beets, cabbage, broccoli, etc. The onions look good, the potatoes are filling in, and the tomatoes are growing tall in the hoophouse and spreading wide in the field. My daughters pick their own mini-bouquets multiple times per day from the CSA PYO gardens! Your kids or grandkids will love it! You will, too!

Looking for an excuse to visit the farm? **Put our Open Farm Day on the calendar: Sunday July 24 from 10am to 1pm with farm tours, meet your farmers, and buy some extra veggies.** CSA members pick your own flowers and herbs for free!

Another big week for new things! The most radical thing in the share this week is purple kohlrabi! Stunning yet perplexing... It's definitely not an alien, though some have accused it as such. Haha, kohlrabi is a crunchy, juicy, mild relative of broccoli and cabbage. To prepare, peel away the tough outer skin (I know, what a shame, but alas, it has to be done). Their snow white inside is pleasing raw as sticks for snacks and dipping or grated into a salad or slaw, as well as cooked as a substitute for potatoes in soups or stews or roasted alone or in a medley with say your radishes, by chance? (Check our website for 15+ kohlrabi recipes. Kohlrabi quick pickles are addictive!)

Speaking of radishes! Did you know that you can cook them? But why, you ask? Because they're not only delicious, but cooking brings out the sweetness in radishes and tames their bite. So throw them into a stir-fry or roast them if raw radishes are not your thing. I put mine into an early season kimchi with pac choi from last week and scallions, garlic scapes, ginger, and hot pepper. Mmm!

Arugula is a light green peppery green that is often used in salads or wilted as a bed for fish or meats. I plan to make arugula pesto for homemade pizza. It would also be good spread on bread. Or put raw arugula in a sandwich. It's got flavah! ☺

Not sure about cilantro? I hope you'll be willing to give it a try and when you're ready we've got many recipes on our website for it. I put mine in scrambled eggs. (Or get fancy and make Breakfast Migas!) And in chicken salad to take on a canoe trip. As well as making my favorite Carrot Cilantro Soup recipe for friends this weekend.

PS: Maybe you don't want to hear this, but the greens on kohlrabi are edible. Use them like kale. AND the greens on the radishes are edible, too. Use them in soups, stir-fries, or make a pesto out of them (see our website for recipe). Yes, there are a lot of veggies this week! Enjoy the abundance and we'll see you next week!

Kohlrabi, Radish, & Apple Slaw w/ Cilantro

1 ½-2 cups kohlrabi, peeled down to white flesh, cut into matchsticks
1 ½-2 cups radishes, cut into matchsticks
1 ½-2 cups apple, cut into matchsticks
½ cup cilantro, chopped
¼ cup scallions, chopped
Zest of one lime and one orange

Combine all above ingredients, then pour over dressing below and serve.
¼ cup olive oil
Juice of one lime and one orange
1-2 TBLS honey
½ tsp salt
1 TBLS vinegar of choice