



What's in your CSA farm share?

Radishes—Store in plastic bag in fridge for 1+ weeks. Remove roots from greens for best storage and greens are edible!

Mini Red and Green Romaine Lettuces—Store in plastic bag in fridge for 1 week.

'Hakurei' Japanese Salad Turnips—Store in plastic bag in fridge for 1 week. Tops edible, too!

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

Russian Kale—Store in fridge in plastic bag for up to 1 week. Be sure to cover all the leaves to prevent wilting.

'Ruby Red' Swiss Chard—Store in plastic bag in fridge for 1 week.

Pac Choi (AKA Bok Choy)—Store in plastic bag in fridge for 1 week. Entirely edible!

Scallions (aka Green Onions)—Store in plastic bag in fridge for 1 week. 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

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 15, 2020—Summer CSA pick-up 3 of 16

Dear Members,

Thanks to the moderate drought conditions starting late May and running through June and now into July combined with significantly above average temperatures, we find ourselves in a unique position on the farm! It has made crops delayed in their maturity later than usual including our Pick-Your-Own flowers and herbs, where the perennial flowers are way behind normal bloom times. (We will let you know when the PYO gardens are ready for picking!) Also some summer veggie crops have been delayed, which makes us especially grateful to have such an abundance of greens and early roots for you in the July CSA shares!

I don't know about you but all this hot and steamy weather has me wanting salads as much as possible! How do you make your salads? In the CSA we encourage the idea of "seasonal salads" where you put whatever you have that is salad worthy into your salads vs seeking out non-seasonal, non-local ingredients year round like tomatoes and cucumbers. This week, you could slice your salad turnips and radishes along with pac choi into a salad and make a seasonal salad dressing using garlic scapes!

Same goes for stir-fries! This past weekend to make room for the upcoming CSA shares, we went through our fridge and chopped anything possible into a stir-fry and it was awesome! It contained so many different ingredients that I got such a kick out of it: kohlrabi tops, radish tops, radishes, turnip tops, scallions, purslane, pac choi and garlic scapes. Try it with what you've got left!

This week we're heavy on the cooking greens, so let's review lest you feel overburdened. First, remember if you have too much of something there are options: (1) freeze it! (2) make veggie pancakes (found under Kale or Chard on website) (3) try a green smoothie or making veggie juice or (4) Baked Greens and Feta Balls (found under Chard)! If you still haven't tried your kale because of previous bad experiences with kale, please give ours a chance. It won many converts after it showed up in the first CSA share. My brother used to be a "kale skeptic" until he had our kale made into the Kale Skeptics Salad. We also have a lot of kale recipes, all tried and true family favorites, on our website. Check it out and take the plunge!

We also had converts to pac choi that was in the first CSA share on July 1. This is not your average greasy Chinese food restaurant foe. This stuff is super fresh, mild, juicy, tender and utterly delicious! Easy choice? Try it in a stir-fry or the Braised Pac Choi recipe on the website!

Enjoy the veggies! We'll see you next week!

Sweet and Sour Swiss Chard

1 bunch Swiss chard, ribs and greens,
coarsely chopped

1 scallion, chopped

1 apple, diced

2 TBSP cooking oil

Salt and pepper to taste

2 TBSP cider vinegar

Heat oil in a skillet over medium heat. Add the scallions and apple and sauté for about 5 minutes, until slightly softened. Add the chard, salt and pepper and stir-fry gently for 15 minutes or until the midribs of the chard are tender. Add the cider vinegar and cook for 5 more minutes.