



What's in your CSA farm share:

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

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

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

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

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

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

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

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



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 17, 2013

Dear Members,

Things are heating up at Ripley Farm! For the past few days it has been over 90 degrees and sunny here at the farm which makes for ideal weeding weather. It also makes for great weather to cool down with a swim in Brann's Mills Pond down the road! The rest of this week we'll be working on weeding our summer and fall crops like winter squashes, carrots, rutabagas, and cucumbers. I'm excited to report that yesterday we harvested our very first zucchini of 2013! They should be along soon in your CSA boxes ☺.

And our harvests are now in full swing. This past weekend Ripley Farm began our 5th season of selling at the Orono Farmers Market. Come on out and visit us on Saturdays from 8am-Noon at the University of Maine steam plant parking lot.

This week you are getting snow peas in your farm share box. And these are not your regular flat Chinese restaurant snow peas. The snow peas that we grow are a jumbo variety called 'Oregon Giant' and, like snap peas, are entirely edible. Just snap, peel the strings, and snack! Or you can cook them, as we prefer to do, in a quick stir-fry with other veggies from your farm share. Check out the recipe below.

There is no better way to learn the progression of our growing season than through the size of the carrots. This week we'll all be eating baby carrots for the first time this year! These are the earliest carrots coming out of our fields and are very small and tender. No need to peel these young roots, just give them a good scrub. I love to watch the carrots in each week's bunch getting a little bigger with each new box. This week, savor and enjoy them at their most tender stage.

Our kale plants are just raging this year and that's why we are able to give you another big bunch of 'White Russian' kale in your share so soon! And this is lucky, too, because kale is one of the most nutritious vegetables on the planet. In fact, kale is one of the best plant sources of calcium. To prepare, cut out the tough midrib, chop leaves, and steam until tender. Top with butter, salt and pepper. One of my favorite ways to use kale is to pair it with broccoli, which is also in your farm share this week, and make a Cream of Broccoli and Kale Soup. Find this recipe and many more on our website.

With all this hot weather, I have taken to making some one-bowl cold salad meals using lettuce, radishes, peas, and/or other veggies as well as chopped up left-over meats and/or hard boiled eggs with a creamy dressing. We've welcomed this very hardy alternative to a hot meal during these 'dog days of summer'! Have a great week!

Snow Pea Sesame Stir-fry

½ lb snow peas, strings removed and chopped

1-2 Tablespoons cooking oil

1 scallion, chopped including greens

1-2 tablespoons pine nuts (or minced walnuts)

1 ½ teaspoon toasted sesame oil or 2 tablespoons toasted sesame seeds

Salt and pepper to taste

Heat oil on medium-high and add snow peas and scallions. Stir-fry for 3-5 minutes stirring. Add nuts and stir 1 minute. Remove from heat, stir in toasted sesame oil, and season. Serve immediately.