



What's in your CSA farm share?

Fresh Baby Carrots—

Store in fridge in plastic bag for 1 week.

Mini Green Bibb and Red Romaine Lettuces—

Store in the fridge in a plastic bag for 1 week.

Chinese Leaf Cabbage—

Store in the fridge in a plastic bag for 1 week. Entirely edible!

Swiss Chard (in a bag)—

Store in fridge in a plastic bag for 1 week.

Broccoli—

Store in plastic bag in fridge for 1 week. All edible, peel the stalk and chop into stir-fry!

Scallions (aka Green Onions)—

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

'Hakurei' Salad

Turnips—Store in fridge in a plastic bag for 1 week. Entirely edible!

Red Russian Kale—

Store in the fridge in a plastic bag for 1 week. Cover leaves well to prevent wilting. Discard tough inner midribs.

Garlic Scapes—

Store in fridge in a plastic bag for 1 week. 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

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Please
return
your box!

July 17, 2019—Summer CSA pick-up 3 of 16

Dear Members,

With the spring being so wet and cold, many of you have asked us how things are going on the farm. My answer is... we have veggies for you! That's the important part, but the reality is that the season is a bit behind where we might normally be. It might not feel like it anymore with all this heat we've had lately. But even the perennial flowers in the PYO gardens are just starting to bloom. Of course every year is different and that is what makes the hard work of farming interesting!

But, what doesn't change is July is always our busiest month. We are busy weeding 5 acres of veggies... not all by hand, mind you, that's what we have two tractors for. But, the tractors just don't get every weed. So we weed out what is missed. That's what we do in July when we're not harvesting veggies for you!

For the past two weeks you've had stored carrots, and our first harvest of FRESH baby carrots is here this week! Stored carrots are full of sugary sweet flavor and these baby carrots are full of carrot fresh flavor. ENJOY tasting the difference!

New this week is Chinese cabbage, aka Tokyo Bekana, which is a loose leaf open head-style Chinese cabbage with bright yellow-lime green leaves. They are entirely edible and incredibly tender, so they won't take long to cook in a stir-fry. Or use them raw. In this hot weather you might enjoy the Tokyo Bekana Slaw recipe on our website.

Swiss chard is also new this week. We are excited to have ruby red leaves mixed in with the green ones, for the first time ever! (Oh the little things we farmers get excited about...) My mom loves Swiss chard so I grew up eating a lot of it. Try her recipe on our website for a basic intro, Mary Jo's Garlic Sautéed Swiss Chard, substituting garlic scape for garlic and scallions for onions. Or put it into a frittata. Or try putting it into a homemade veggie soup, like Harriet and I have been making in the kitchen together recently. No recipe exactly, as it is "all in her mind" (haha), but it's lots of chopped veggies cooked in homemade chicken broth, with salt and pepper, and lots and lots of stirring, complements from my 3 year old. We all love it!

Here is your first little bit of broccoli! Broccoli is one of the hardest crops for us to grow on our farm, and we're reeeeeeally hoping that it can hold its own against the 90 degree heat this week and weekend and still be there for next week, too! Throw this into a stir-fry or soup with other veggies. Did you know you can also eat the stalks of broccoli? Peel it well to remove the tough outer skin and then chop and throw into a stir-fry. A delicious way to not let anything go to waste! Enjoy the veggies!

Scallion Pancakes

1/4 cup canola oil (or oil of choice)
1 cup flour
1 cup water
2 eggs
1 tsp salt, or to taste
1/2 bunch scallions, finely chopped
2 TBLS cooking oil
1/4 cup soy sauce
2 TBLS lemon juice

2 TBLS vinegar (rice, or of choice)

Mix canola oil, flour, water, eggs, and salt to smooth batter. Add scallions. Heat cooking oil in skillet over med-high heat. When hot spoon batter on in thin layer and cook ~2 mins per side or until cooked through. Serve dipped in whisked soy sauce, lemon juice, and vinegar.