



What's in your CSA share:

Broccoli
Lettuce
Scallions (green onions)
Arugula
Bok choy
Snap peas
Carrots



Pick-your-own herbs and flowers:

Thyme
Sage
Dill
Winter savory
Chives
Garlic chives
Basil

Calendula
Bachelor's buttons
Daisies
Yarrow
Bee Balm
Coneflower
Coreopsis
Summer Sun

RIPLEY FARM

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

July 18, 2012

Dear Members,

This week we had a kids camp from New Hampshire come for two mornings to tour the farm and build compost piles with us. We had half-a-dozen teens shoveling cow manure and hay into two huge windrows all morning, then we fed them up with a big farm lunch of our home-raised meat and vegetables as well as dairy from Widdershins Farm just up the road from us. We had a good time, they had a good time, and as of today the bigger compost pile was steaming away at 150 degrees! Check it out if you pick up on the farm; it's on the way up to our field from the barns.

On-farm members are always welcome to walk around and check out what's growing or visit our animals. We have geese, ducks, and chickens down around the buildings in various moveable coops. We also have lambs up in the field, and will be getting pigs in three weeks or so. If you do walk around, please remember that the fence around the field is electrified. Do not touch it, as it will shock you.

In your share this week you'll find several new items. Our favorite way to cook broccoli is to steam it until bright green and just tender, and then serve it smothered in butter. It's also good stir-fried or in soups (we especially like cream-of-broccoli soup). The peas in the share this week are snap peas. Like the snow peas from last week the whole pod is edible. They are very sweet and excellent eaten raw as a snack or in salad. They are also good steamed as a side dish or stir-fried.

Arugula is the bunched green in the share. It is a peppery mustard green that has many ardent devotees; my Dad spends half the summer raving to us about his arugula salads. Eat it raw in salad as in the recipe below, or braise it. It's often used in this latter way as a bed for fish with lemon juice and butter drizzled over both.

Bok choy is a mild Asian green that forms heads of crisp-stalked leaves. Both leaves and stalks are eaten. When cooking bok choy, it is best to add the stems first, before adding the leaves, since the stems take a little longer to cook. It is best eaten cooked, especially stir-fried or in brothly soups. Also, it would go very well in the stir-fry recipe from last week's newsletter. You will find all of our newsletters archived chronologically on our website for easy reference.

Have a good week!

Arugula Salad

2-3 cups Lettuce leaves, torn into pieces
½-1 cup Arugula leaves, chopped
¼ cup Scallions, chopped

Toss the vegetables together in a large bowl. Add some chopped carrots or snap peas if you wish. Dress with one of the following salad dressings. Serves 2-4.

Basic Salad Dressing: 4 Tbls Olive oil, 1 Tbls vinegar (we like cider vinegar), ½ tsp prepared mustard. Mix ingredients together and pour over greens.

Bacon Mushroom Dressing: Fry 2-3 slices of bacon. Remove from skillet. Saute ¾ cup sliced mushrooms in the bacon fat until soft, 8-10 minutes. Pour mushrooms and bacon fat over the greens hot. Top with the bacon, crumbled, and some grated Parmesan cheese.