



What's in your CSA farm share:

'Frizzy Headed Drunk Lady' & Green Leaf

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

Pac Choi (aka Bok

Choy)—Crunchy green heads are entirely edible! Store in fridge in plastic bag for 1 week.

Russian Kale—Store in fridge in plastic bag for 1 week. Keep leaves covered or they will quickly wilt.

Radishes— Store in plastic bag in fridge 1 week. Green tops are edible in salad or stir-fry!

Baby Butter Chard— Store in fridge for 1 week. Very tender! Steam or sauté!

'Tokyo Bekana' Chinese leaf Cabbage (light green) & **'Tatsoi' Summer Spinach** (dark green)

Asian Greens—Stems and leaves are all edible! Store in fridge in plastic bag for up to 1 week. Stir-fry or use raw in salads.

Garlic Scapes—Flowering green tops of garlic kept in fridge will last a month. Chop and 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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Return
your box
next week

July 1, 2015—Summer pick-up 1 of 16

Dear Members,

"Here's to our seventh year," I said to Gene yesterday morning as the sun rose over the farm. Seeing the long, dark slanting shadows cast by the tall kale plants over the broccoli bed beside, I realized that we had officially embarked on yet another season of harvests together at Ripley Farm. Ahhh, living the dream.

Today also marks the 5th year anniversary of our CSA farm share program. We are excited to provide you with another year of seasonal organic veggies grown on our small farm. Thanks to the enormous community support, we have grown our CSA to feed over 120 families in the Dover-Foxcroft and Bangor region this season, including two new drop-off locations at Hardwood Products/Puritan Medical Products in Guilford and at Bagel Central in Bangor. Welcome to everyone, new and returning members alike, and thank you for your support!

A very snowy winter, a warm, dry May, and a cool, dry June has left us with a decidedly late season at Ripley Farm. In fact, we've never started the CSA without the Erigeron daisies or the *Echinacea paradoxa* in the CSA gardens already in full bloom before this year. Eating from the farm, you really get to know the seasons through your food. We're kicking off the first week of the CSA with a greens bonanza!

We've got nice lettuce for you this week including a beautiful new variety called "Frizzy Headed Drunk Lady." Your meal plan this week will probably look a lot like ours: delicious, fresh salads everyday! At our house, salads always come with Gene's famous salad dressings! Find some of these easy, make-at-home recipes on our Veggie Gallery.

Its Asian green week at Ripley Farm, featuring a sampler of our three favorites: Pac Choi, Chinese leaf cabbage, and 'Tatsoi' summer spinach. While these greens each have their unique, mild flavors, they all have one thing in common: STIR-FRY! Do you know how to make a stir-fry? If you don't, use some of your Asian greens this week to try it out with the recipe below. These Asian greens can also be eaten raw, chopped into a salad or shredded slaw, or added chopped into a miso soup. The 'Pac Choi and Mushroom Stir Fry' recipe on our website is a CSA favorite! Other ideas there, too ☺

Kale! Does it strike fear or excitement in you? There are a rising number of people who look forward to getting kale in the CSA. If this is still not you, listen up! We have many awesome ways to eat kale listed on our website! Raw massaged salad, steamed with butter or with the kale skeptics dressing otop...no matter how you eat it, the trick to true enjoyment is to cut away and discard the tough midrib first.

Have a great week and Happy Fourth of July!

Sesame-Ginger Asian Greens

2 tablespoons oil
2 tablespoons sesame seeds
4 teaspoons peeled, minced gingerroot
1-2 garlic scapes, minced
2 bunches Asian greens, chopped
2 tablespoons soy sauce
4 teaspoons rice vinegar (or other vinegar)

In oiled hot skillet, add sesame seeds. Stir until they pop. Add ginger and garlic scapes, stirring for 1 min. Add the greens and 1 TBLS soy sauce. Cook, covered, for 1 min. Uncover and sauté for 1 or 2 minutes more, until the greens are tender but still bright green. Stir in more soy sauce and vinegar to taste.