



What's in your CSA farm share?

'Bolero' Carrots—Store in plastic bag in fridge for 2+ weeks.

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

'Hakurei' Japanese Salad Turnips—Store in plastic bag in fridge for 1-2 weeks. Tops edible, too!

Basil—Store in plastic bag in fridge for up to 1 week.

Dill—Store in fridge in plastic bag for up to 1 week.

'White Russian' Kale—Store in plastic bag in fridge for 1 week. Keep leaves covered to prevent wilting.

Radishes—Store in plastic bag in fridge for 1-2 weeks. Tops are edible!

Pac Choi (aka Bok Choy)—Store in plastic bag in fridge for 1 week. Entirely edible, great in stir-fry!

Green or Red Leaf Lettuce—Store in plastic bag in fridge for 1 week.

'Bridger' Onions—Store in plastic bag in fridge for 1-2 weeks. Fresh (not cured) and 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 1, 2020—Summer CSA pick-up 1 of 16

Dear Members,

Welcome to the tenth year of Summer CSA at Ripley Farm! We started this CSA with 16 members and have now grown to over 200 families who care about their farmers and where their food comes from. Thank you so much for being an important part of our farm, especially in this challenging year!

News from the farm is short and sweet: Monday into Tuesday we got 1.75+” rain. I cannot say enough of how much the rain is a blessing for our farm. The drought conditions on the farm we had in May/June was not a pretty sight for the future. Thus, we're overjoyed to be going into July with some water under our farm's belt. Yay!

The first harvest of the season is beautiful! Check out the side bar for the contents of your CSA and how to store each item for optimal storage. Looking for inspiration on how to use something?? Don't forget to check out our returning CSA members' favorite resource for helping them use their CSA veggies... our website's Online Vegetable Gallery of Recipes! Here's the link to it:

www.ripleyorganicfarm.com/vegetable-gallery. We have over 350 of our family's favorite recipes for seasonal veggies, and it's growing all the time! In the newsletters from week to week I often reference recipes found there, so please check it out. It will help you eat more veggies and not let any of the healthy, farm-fresh food go to waste!

New to you this week is likely the Japanese Salad Turnips. And, believe me you won't regret tasting these! Though unfamiliar to most newbies, these often become one of the most asked for veggies that we grow! As the name indicates, these are turnips that are great eaten raw, due to their sweet taste, creamy and crunchy texture and smaller size. Try them in a salad or cut up into veggie sticks or even out of hand like an apple. They're also great lightly sautéed in butter or added to a quick soup or stir-fry. They're delicious roasted, as well! PLUS, the greens are edible, too! Mmmm!

Pac Choi may also be new to you! It is a delightfully crunchy Asian veggie that we LOVE in stir-fries. It's entirely edible, so rinse and chop up the whole thing!

And there's the big K. Kale. However you feel about kale, I want you to give OUR farm's kale a chance. The Russian kales are the tenderest and mild kale you can get. They are so tender that you won't find them at the grocery store because they won't hold up to the abuse of sitting on the shelf for very long. This stuff is great raw or cooked. Just remove the tough inner midrib before using. Try one of the MANY recipes on our website for kale like Baked Greens and Feta Balls, Simple Braised Kale, and Portuguese Kale Soup, among others. Promise me you'll give it a go!

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

Lemony Kale Salad

1 bunch kale, midribs removed and
thinly sliced
1 cup pine nuts, or other nuts, chopped
1 cup shredded parmesan cheese
½ cup minced onion
Salt and pepper to taste

Toss all ingredients together and top
with a simple dressing of the below
ingredients, whisked together.

1 lemon, juiced
½ cup olive oil