



What's in your CSA farm share?

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

Beet Greens—Store in plastic bag in fridge for 1 week. Keep leaves covered to prevent wilting. All edible!

Mini Green Bibb

Lettuce—Store in plastic bag in fridge for 1 week.

Arugula—Store in plastic bag in fridge for 1 week.

Scallions (aka Green Onions)—Store in plastic bag in fridge for 1 week. Entirely edible!

Green Cabbage—Store in fridge in crisper drawer for 1+ weeks.

Purslane—Store in plastic bag in fridge for 1 week. Lemony leaves in salad and stalks can be blanched.

Basil—Store in plastic bag in fridge and use quickly.

**Summer Squash/
Zucchini**—Store in plastic bag in fridge for 1+ week.

Pac Choi (aka Bok Choy)—Store in plastic bag in fridge for 1 week. 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

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Thank you
for your
support!

July 21, 2021—Summer CSA pick-up 3 of 16

Dear Members,

We're getting ready for our farm's big day of the year, in addition to harvesting your Summer CSA veggies, hehe. It's going to be a beautiful visit to the farm. Please join us this Sunday July 25 from 10am to 1pm for our annual Open Farm Day at Ripley Farm! Farm tours of the veggies in your CSA shares with Farmer Gene including demos of using weeding tools and how to bury insect-excluding row cover, a farm stand where you can buy extra veggies, AND you can come pick your own herbs and flowers for FREE as CSA members. Connect with where your food is grown! Hope to see you here!

A huge fun harvest this week including new stuff! I'm guessing if you're new to our CSA, then the purslane will be new for you. It's the spring green plants that look like Jade houseplants. But they're not related! Purslane is a lemony, succulent herb that is mild and often used as a component of salads. It's actually really good in a stir-fry, too. I recommend the Chinese Purslane Stir-fry recipe on our website that also uses pac choy and scallions. Perfect for this week! To prepare, remove the succulent leaves from the stalks. Wash well. Use the leaves in recipes as directed. The stems can be simmered as described on our website. Let us know what you think!

Arugula may also be new for you. It's a peppery green that is often used in salads raw or lightly wilted as a bed for fish. It's also good made into a pesto and used on pizza. I typically just chop, wash, and spin it and mix it with my lettuce for simplicity (haha), but feel free to get fancy. With a name like arugula, it certainly *sounds* fancy!

I just made a reeeeeeally delicious and lavish Beet Green Frittata that I will add to the website for you to try out. I would definitely make it again and both my daughters ate it with no complaint! The trick to beet greens is to make sure to get all of the grit out because you're eating the baby roots and all. They are washed by us, but please wash them again. Then chop according to the recipe you're using. Basic ways to cook beet greens include steaming and sautéing. Even if you're not so much a beet fan, try these! They're wicked good! Hannah eats them for breakfast!

We love the first cabbage harvest so much. But this year more than ever. Because a porcupine came in under our row cover and ate MANY cabbage plants back in June, we were worried that there wouldn't be enough for everyone. But, by grace, there is! Enjoy this treat! (PS: I am still obsessed with the Lemony Coleslaw recipe on our site, or try the two dozen others on our site, or the fun one below.)

This is our gourmet first picking of basil. Enjoy it! Make pesto (what we did this weekend), or infuse it in vinegar, or make a salad dressing with it (recipe ideas for all of these on the website). Yum! Enjoy the veggies and we'll see you next week!

Charred Cabbage with Lemon Tahini Sauce

1 medium or 2 small heads cabbage
3 TBSP olive oil
Salt to taste

Halve cabbage. Cut each half in thirds keeping core intact. Drizzle with olive oil and salt. Char for 6 min on each side in hot skillet

Whisk together this sauce:

1 garlic clove, grated; 1/3 cup tahini, 1 tsp honey, 1/2 tsp cumin, zest and juice of 1 lemon, 4 TBSP water.

Spoon sauce over cabbage, and sprinkle with sesame seeds, and chopped basil.