



What's in your CSA farm share?

Edible Podded Peas

(Jumbo Snow and Snap)

Grab Bag—Store in plastic bag in fridge for up to 1 week. Remove the strings and eat raw or chop into a stir-fry! Entirely edible! Please do NOT shell these!

Green Romaine

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

The Very First Summer Squash or Zucchini—

Store in plastic bag in fridge for 1 week.

Beet Greens with Baby

Beets—Store in plastic bag in fridge for up to 1-2 weeks. All edible! Wash well to remove grit.

'Mizuna' baby greens—

Store in fridge in plastic bag for up to 1 week. Mild green for salads or quick stir-fries.

'Tatsoi' Summer

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

Green Cabbage—Store in plastic bag in fridge for 1+ weeks.

Scallions (aka Green

Onions)—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!

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Dear Members,

This weekend was supposed to be our farm's annual Open Farm Day. We've been doing it for so many years that I look forward to the day that we get to "show off" what we do! Because it IS a lovely time of year on the farm. Imagine, a farm tour with Farmer Gene to see the crops all in neat rows that you will be eating this summer... Ahh, alas, the State of Maine opted to make Open Farm Day a "virtual" event this year due to COVID. So we'll post some pics of things online for you to peek at from home.

We've got some super fun new stuff for you this week. Most exciting of which is a grab bag of two different kinds of edible podded peas! You've got snap peas in there, as well as our favorite jumbo snow pea called "Oregon Giant" that is supposed to be huge and fat (nothing like the limp snow peas found in regular Chinese food restaurants). So listen up, **these peas are entirely edible**. Yep, PLEASE DO NOT SHELL THESE! ☺ Eat them raw as a snack, just snap the tops and peel back the strings. Or chop and throw into a stir-fry, see website for three different recipe options. Enjoy!

Also new this week are two different baby greens! Mizuna has light green spiky leaves that we love for its tender, juicy, mild flavored taste that goes as great in a salad as in a stir-fry. There is also the "Tatsoi" Summer Spinach, the one with dark green rounded leaves, which is also great raw in salad or slightly wilted as you would spinach.

Beet greens with their baby beets are up next! These are entirely edible! The trick is to make sure to rinse them very well as they can harbor little bits of grit better than just about any veggie we grow, despite our best efforts! Okay, so do that, then try the Easy Sauteed Beet Greens recipe on the website, or simply steam them whole and top with vinegar and salt and pepper. So easy and so delectable. The little beets may be chopped and added to your beet green recipe or to another application as desired.

And my favorite: FRESH cabbage! I look forward to this day all summer when we have our first round of juicy, sweet, tender fresh cabbage for me to gorge on! Let's see, we started with Lemony Coleslaw (my favorite, couldn't resist making it before you got yours!), with plans for cabbage stir-fry next. OMG, I have SO many cabbage recipes on the website; it is ridiculous! PS: Your very first summer squash/zucchini this week. That means there'll be more coming soon! Enjoy the veggies! We'll see you next week!

Beet Greens and Eggs

6 TBLS cooking oil
½ cup chopped scallions
1 bunch beet greens, leaves and stems
chopped separately, roots diced
1 bag 'Tatsoi', chopped
1/2 cup white wine
Salt, pepper, and chili flakes to taste
2 tsp garlic (or garlic scapes), minced
1/2 cup chicken broth
6 eggs
½ cup feta or goat cheese, crumbled

Heat oil in large skillet. Add scallions, and beet greens' stems and diced roots and stir-fry until softening, 5-7 min. Add beet green leaves and 'Tatsoi' and stir-fry until wilted, 4-5 min. Add wine, seasonings, garlic, and broth and stir-fry 2-4 min, until most liquid is absorbed. Crack eggs over veggies, cover and cook until whites have set, 3-5 min. Serve hot with cheese crumbled over top.