



What's in your CSA farm share?

Fresh Carrots—Store in fridge in plastic bag for 1 week. Tops are edible!

Green Romaine Lettuce—Store in the fridge in a plastic bag for 1 week. If it is too much try our Creamy Lettuce Soup recipe online!

Green Cabbage—Store in the fridge for 1-2 weeks.

Basil—Store in fridge in a plastic bag for 1 week.

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

Scallions (aka Green Onions)—Store in plastic bag in fridge for 1 week. Entirely edible! Try these on the grill whole!

'Hakurei' Salad

Turnips—Store in fridge in a plastic bag for 1 week. Entirely edible!

Asian Eggplant—Store in the fridge in a plastic bag for 1 week.

Snap Peas—Store in fridge in a plastic bag for 1 week. Entirely edible! Just snap the top and peel the string and eat! Do not shell these peas!



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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Please
return
your box!

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Dear Members,

On Saturday it was 95 degrees here. Brutal! In fact, in Maine, it doesn't get any hotter! How does hot weather affect the farm? Well, some crops like it (tomatoes, squash, etc.) and some crops don't (broccoli, radishes, etc.). But ALL the weeds love it!

But despite the over-friendly weeds, July is probably the most beautiful month on the farm! You're invited to come to our annual Open Farm Day event this Sunday July 28 from noon to 3pm. Plus stay for a demo of how we trellis our tomatoes in the greenhouse at 3pm with Farmer Gene! OFD is the best chance for you to come see where your food comes from, meet your farmers, and even pick your own flowers and herbs. The cool spring really slowed stuff down in the PYO gardens, but we are now starting to see lots of color out there, so come on out with your clippers to get yourself a bouquet. It is relaxing and renewing to wander around on the farm, I promise!

New this week is our first crop of green cabbage. I'm so excited for it, because I love it in stir-fries! Robert says he's going to make a slaw. This summer cabbage is particularly tender, juicy, and well suited to raw eating. And can I recommend my Lemony Coleslaw recipe? It is so addicting actually!

Here is your first basil of the year! It is fun to pick basil tops because its kinda like pruning the plants. They'll grow back bushier for another picking in a couple of weeks. The smell of fresh basil is amazing! I like it chopped into salads or in homemade salad dressings. Also try making a small batch of pesto, maybe even combining it with your carrot tops (Carrot Top Pesto anyone??) if you are adventurous!

Finally we've got some peas for you! After the first pea planting bombed due to the very cold soil temperatures in mid-May, we replanted, and finally got our first picking just in time for this week's CSA. By the way, these are SNAP peas, so please don't shell them! Snap the tops, pull the strings, and pop in your mouth for a snack. Or you can also put them in a stir-fry like I prefer (Snap Peas with Mint and Lemon is a good one) or a soup like Robert prefers. Your choice!

Last new thing this week is the first taste of our Asian Eggplant, back by popular demand. This variety has tender skin and does not require peeling before putting into a stir-fry or roasting. Or cut it into spears and throw it on the grill. I've got a Basic Stir-fried Eggplant recipe on the website into which you could throw pretty much any of the veggies in the share to go with it. Yum! Enjoy the veggies!

Roasted Hakurei Turnips (& Greens)

1 bunch salad turnips w/ greens
olive oil
salt and pepper to taste
1 clove garlic (or 1 garlic scape)

Cut turnips into bite-size pieces, toss with olive oil, salt and pepper. Roast on baking sheet at 425 for 10 min.

Turn to a new side and roast 5-10 min more until softened but not mushy.

Meanwhile, wash and dry greens and discard any tough stems. Heat oil in skillet on medium. Add garlic and saute 30 seconds. Add greens, salt and pepper, and saute, stirring, until wilted, 2-3 min. Remove from heat, toss with roasted turnips, and serve.