



## What's in your CSA farm share:

### 'Red Gold' New

**Potatoes**— Store in plastic bag in fridge for 1-2 weeks.

### 'Jericho' Romaine

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

### Japanese White Salad

**Turnips**—Store in plastic bag in fridge for 1 week. Greens are edible and delicious!

### 'White Russian' Kale—

Store in fridge in plastic bag for 1 week. Keep all leaves covered or they will wilt.

### 'Oregon Giant' Jumbo

**Snow Peas**— Store in fridge in plastic bag for 1 week. Snap strings and eat whole pod!

### Summer Squash—

Store in fridge in plastic bag for 1 week.

### Carrots—

Store in fridge in plastic bag for 1 week.

### Scallions (Green

**Onions)**—Store in fridge in plastic bag for up to 1 week.



Ripley Farm is a MOFGA Certified Organic farm and we spray no chemicals. Although we wash all our produce, we still recommend rinsing it before enjoying.



## RIPLEY FARM

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Return  
your box  
next  
week!

July 23, 2014—Week 4 of 16

Dear Members,

A week of sun has replaced last week's torrential thunderstorms, and it couldn't have come at a better time. We hired in extra help and teamed up with that hot sunshine to do a massive round of weeding. Like vampires, there's nothing a freshly pulled weed hates so much as bright sunlight! We're happy to report that many of our fall crops have received their final weeding and are now ready to settle into doing what they do best; soaking up the rays while growing into delicious veggies! We got all of our winter squash, fall broccoli, cabbage, and rutabaga weeded and made a start on our fall storage carrots. The rest of the carrot weeding is slated for this weekend, which will leave the farm looking (relatively) weed free for this Sunday's Open Farm Day!

Meanwhile, with the fall crops all tidied up, we're making the transition from spring to summer crops in your CSA boxes. The last of the peas are in today's boxes, while some gorgeous red new potatoes are making their first appearance. Don't peel these thin-skinned gourmet beauties; they're best cooked right in their bright red jackets, steamed or roasted!

Over the course of the CSA you'll receive the various different kinds of summer squash that we grow from the traditional dark green zucchini to the flying saucer-looking yellow and green patty pan squash to the straight-necked yellow squash called 'Success'. They can all be used interchangeably and are wonderful sliced and gently sautéed and eaten eggs for breakfast in the morning, as we do many summer mornings.

This week's lettuce is our favorite summer lettuce called 'Jericho' and is sweet and crunchy even in the hottest summer heat. The nice big heads will make a delicious salad with the Japanese white salad turnips, scallions and snow peas.

Our mild, tender 'White Russian' kale is back this week and besides its many cooked uses (steamed, in casseroles or soups) I also want to highlight its use raw in salads. Many of our customers tell us that this is how they love kale. Remove the tough midrib, thinly slice the leaves, 'massage' with an oil and vinegar dressing, let marinate at least ten minutes to tenderize, and voila! Better than lettuce, says one of our workers! The recipe below is one dressed up version out of a million possibilities. Try adding nuts, cheese, avocado, dried fruit, cold meats, hard-boiled egg, or roasted veggies!

See you next week!

### Indian Style Turnips and Greens

1-2 Tablespoons cooking oil  
1/4 tsp red chili flakes (or more!)  
1 tablespoon minced ginger root  
2 cardamom pods  
1 tsp fennel seeds, ground in a spice grinder  
1 bunch salad turnips, cut into bite sized pcs  
1/2 cup water  
1 tsp salt  
Turnip greens from your bunch, chopped  
2 Tablespoons cream

Heat oil in skillet until hot. Add chili flakes and ginger and sauté stirring for 2 minutes. Add cardamom pods & fennel, stir, then add turnips, salt, & water. Bring to boil, then turn down, cover, and simmer until almost tender, about 5 min. Add greens on top, recover, and simmer 2-3 more min. until wilted. Uncover, add cream, stir and simmer about 2 minutes until sauce thickens.