



What's in your CSA farm share:

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

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

Purslane—Store in plastic bag in fridge for 1 week. Leaves and stems edible!

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

Green Beans— Store in fridge in plastic bag for 2 weeks.

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. All edible!

Kohlrabi—Store in fridge in plastic bag for up to 1-2 weeks. Leaves and bulbs 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 before enjoying.



RIPLEY FARM

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Return
your box
next
week!

July 30, 2014—Week 5 of 16

Dear Members,

We had a great turnout for our Open Farm Day on Sunday! Thanks to everyone who came out to the farm. We had so much fun sharing our daily lives with our members and other visitors! Amidst our weekly harvests, we're planning to harvest our garlic soon on a nice dry day this week/weekend. We dig the whole plants and bring them in to dry (or cure) for a few weeks until they are ready to store for fall and winter sales. With fall harvests on the horizon, excitement is brewing on the farm!

Those of you who came on the farm tour noticed how awesome our Swiss chard crop is looking. Spinach doesn't grow well in the hot months so Swiss chard takes its place and can be substituted in any cooked recipe. We love eating cooked greens for breakfast with our eggs or I also put chard into frittatas for a quick I-forgot-to-plan-dinner meal. ☺ To cook, add stems first then leaves and steam until tender.

First harvest of beans and cukes this week! Our beans are stringless, so snap the tops and steam whole or chop into a salad or soup. This week's first picking is tender and delicious. Cukes are wonderful for snacking, in salads, and can even be cooked! Many great ideas can be found on our website's Vegetable Gallery under Cucumbers including one of our summer standbys, Greek Tsatsiki. Or pair your cukes with this week's herb, purslane, in our website's Purslane and Cucumber Relish.

Purslane is a new crop for Ripley Farm! It all started when one of our long-time members suggested it for the PYO herb gardens last year. We got such great reviews of this succulent, lemony salad herb that we gave it a go for the whole CSA this year! And good thing, too, because I just learned that purslane is a nutritional powerhouse: super high in nutrients including iron, calcium and vitamins. The leaves and the stems are edible but take different preparation: Remove the leaves from the stems, wash and coarsely chop into salads; Discard the roots, chop the stems and simmer in acidulated water until tender and then use cold in salads. Give this new delightful herb a try!

Kohlrabi is the light green vegetable that our employee says looks like it's from outer space with its round bulb and sparse radiating stems. Kohlrabi is in the same family as cabbage and broccoli and has a crunchy sweetness that many returning members love! Cut off the woody butt end of each bulb and peel, removing the stems. Great raw, you can slice it and eat it in a salad or with a dip. Also great cooked in a variety of ways including our favorite recipe on the website's Vegetable Gallery for German Kohlrabi Sauté. Or try the lighter member-contributed recipe Kohlrabi and Apple salad. The leaves are edible, too, cooked as you would kale. Just remember, kohlrabis may be strange looking but they come in peace! See you next week!

Marinated Kohlrabi and Carrots

1 bunch kohlrabi, peeled and grated
1 bunch carrots, grated
½ cup olive oil
2 tablespoons lemon juice
2 tablespoons vinegar
1 teaspoon sugar

½ teaspoon dried thyme
Salt and pepper to taste

Whisk together dressing and pour over kohlrabi & carrots. Refrigerate 6-24 hours, stirring occasionally. Serve cold.