



## What's in your CSA farm share:

**Lettuce**—Store in plastic bag in fridge for up to 1-2 weeks.

**Salad Turnips and Greens**—Store in plastic bag in fridge for up to 1-2 weeks. Greens are delicious!

**Kale**—Store in a plastic bag in fridge for up to 1-2 weeks. Keep all leaves covered or it will wilt.

**Beet Greens and Baby Roots**—Store in plastic bag in fridge for up to 1-2 weeks.

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

**Garlic Scapes**—Store in plastic bag in fridge for up to a month.

**Scallions**—Store in plastic bag in fridge for up to 1-2 weeks.

**Pac Choi**—Store in plastic bag in fridge for up to 1-2 weeks.



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 3, 2013

Dear Members,

Welcome to the first week of your adventure in seasonal eating from the fields of Ripley Farm! Boy was it a wet harvest day this week! But we were undaunted.

We're excited to bring you an early summer box full of yummy produce including lots of greens which are at their best this time of year.

The small white roots are called Salad Turnips and are very popular at our farmers market in Orono. Many people who claim that they "really hate turnips" love these crisp juicy sweet snacks. They're great raw, hence the name, and also great lightly cooked in butter with salt and pepper. And don't forget the other half of the package! The greens are edible and delicious either in salads or steamed or stir-fried.

Kale. We are growing a new variety this year called 'White Russian' and it's rated the best tasting and sweetest kale variety out there! Try a farmer's breakfast of steamed kale with butter. Does every farmer eat this? Who knows, but we love it! Kale is also great in soups and stews pairing especially well with sausage.

Beet Greens, aka Beet Reds at Ripley Farm, are the baby leaves and baby roots of adolescent beet plants. These are a variety of beets called 'Bulls Blood' that we grow specifically for their delicious almost pinkish roots and leaves. The most basic way to cook these is steaming them until tender and topping with butter, salt, pepper, and a dash of vinegar. Yum!

The bag of baby mixed salad greens are especially young and tender this week. We really enjoy our salads this time of year as they become a premium in the hot days of late summer. Garlic scapes are escapes from our garlic patch! They are the flowering tops of the garlic plants and are entirely edible! And they taste exactly like garlic. Can't beat that in July when otherwise we'd have to wait until August to harvest the garlic bulbs.

Pac choi, aka Bok choy, means 'green vegetable' and is ubiquitous in Asian cuisine. The entire plant is edible, crisp and tasty and usually eaten in quick stir-fries. Try it paired with scallions, aka green onions, aka spring onions, which again are completely edible! These are the earliest onions that exist and are a real treat when they first come on in the garden about this time of year. Check out our recipe below.

All of the crops in your share this week are found in Ripley Farm's 'Vegetable Gallery' on our website complete with cooking tips for all and recipes for most. Also, stay tuned to our Facebook page for more ideas for this week's produce.

Have a great week and "Eat your veggies"!

### Pac Choi and Mushroom Stir-fry

2-3 heads pac choi, chopped  
8 oz. mushrooms, sliced  
1 tablespoon cooking oil  
1 garlic scape, minced (or 1 tablespoon minced garlic)  
1 tablespoon soy sauce

Heat oil in skillet to medium hot. Add garlic and stir-fry for 30 seconds, stirring. Add pac choi and mushrooms and stir-fry for 2-3 minutes, stirring. Add soy sauce and serve immediately.