



What's in your CSA farm share:

Carrots (no tops)—Store in plastic bag in fridge for 2 weeks.

'Hakurei' Japanese Salad Turnips with Greens—Store in plastic bag in fridge for 1+ weeks. Greens are edible, too!

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

Mini Green Bibb Lettuce—Store in plastic bag in fridge for 1 week.

Dill—Store in plastic bag in fridge for 1 week. Salad dressings, garnish soup, dips, or freeze.

Scallions (aka Green Onions)—Store in plastic bag in fridge for 1-2 weeks.

Pac Choi (aka Bok Choy)—Store in fridge in plastic bag for 1+ weeks.

Beet Greens—Store in plastic bag in fridge for 1 week. Entirely edible!

Garlic Scapes—Store in plastic bag in fridge for 2+ weeks. Entirely edible, use like garlic!

White Russian Kale—Store in plastic bag in fridge for 1 week. Keep leaves covered to prevent wilting and remove tough mid-ribs before cooking.



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!

July 5, 2023—Summer CSA pick-up 1 of 16

Dear Members,

Welcome to the first Summer CSA farm share of the 2023 season! It's our 13th year at Ripley Farm offering farm shares to our local community. We're so excited about your journey through a summer's worth of seasonal veggies! Please share with us how your experience is as you go along. We LOVE hearing from you!

Speaking of experience! A seasoned CSA member recently said, "If you're new to the CSA, you are about to be overwhelmed!" And that is true! Overwhelmed with veggies at their upmost freshness! Overwhelmed with figuring out how to use it all and especially how to use the new and/or challenging things (ahem, kale!?). So guess what? We're not going to leave you in the lurch! We've got a resource for you to help you make the transition to eating more veggies easy and fun! Check out our online "recipe book" aka the Vegetable Gallery found on our website at: <http://ripleyorganicfarm.com/vegetable-gallery> for over 400 recipes for our veggies! It's organized by vegetable so choose what you are looking for and it will pull up all our ideas for you! I often reference the recipes there in the weekly newsletter.

So many new things this week being the first CSA! I'll do my best do address them all here and in the sidebar. Garlic scapes are probably unfamiliar to you if you're new. They're the flowering tops of the overwintered garlic plants. And they taste like fresh garlic!!! They're entirely edible (just remove the skinny tail above the little swollen part) and are best chopped or minced in place of garlic. Use them in stir-fries, soups, salad dressings. If you are stumped try making Garlic Scape Pesto (recipe options on our website) and use it on pizza, pasta, on sautéed greens like kale, in salad dressing, mixed into hummus or greek yogurt to make a dip... It's endless!

On to new Asian veggies! First, Japanese Salad Turnips! These are nothing like your average winter turnip. Nope, they wow just about everyone new to these with their crunchy yet tender texture, juicy, sweet, and mild taste, and versatility in the kitchen! Try them raw in a salad as the name suggests or cut into sticks with dip. Or they can be cooked into a stir-fry (my favorite) or soup or even roasted (though they're a little more moist than other root veggies). And don't forget the greens. Try them in a family favorite recipe Amber's Turnip Soup with Greens and Bacon or in the the Indian-style Turnips with Greens recipe, both on our website.

The second Asian veggie is pac choi aka bok choy. This is an incredibly tender and mild Asian green that can be used raw or cooked. You can put it in salads or in stir-fries or even fried rice. Make sure to wash well near the base because little bits of dirt get stuck in there. Enjoy the veggies and we'll see you next week!

Seasonal Salad with Honey Mustard Dressing

1/3 cup apple cider vinegar
1 TBLS Dijon mustard
1-2 TBLS honey
½ cup olive oil
¼ cup yogurt (optional)

Mix all ingredients together until well combined. Pour over salad composed of your choice of: chopped lettuce, minced scallions, chopped pac choi, sliced salad turnips, chopped dill, shredded carrots, minced garlic scapes.