



## What's in your CSA farm share?

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

**Leaf lettuce**— Store in plastic bag in fridge for 1 week.

### 'Sugar Ann' Snap

**Peas**—Store in plastic bag in fridge for 1 week. Snap strings and eat whole pod! DO NOT SHELL THESE!

**Swiss Chard**—Store in fridge in plastic bag for 1 week.

**Scallions (green onions)**— Store in fridge in plastic bag for 1 week. All edible!

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

**Garlic Scapes**— Store in fridge in plastic bag for 2 weeks. All edible!

**Baby bunching carrots**— Store in fridge in plastic bag for 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 9, 2014—Week 2 of 16

Dear Members,

Harvest season is in full swing this week! Last week we started our CSA, and this week we're preparing for our first farmers' market of 2014 in Orono this Saturday! The farmers' market provides our 'summer income' at Ripley Farm. Even though we harvest for both the CSA and farmers' market during Maine's short summer growing season, much of our income (as you all know!) comes during the winter and spring from our wonderful summer CSA members. Our farmers' market booth, along with fall and winter income from wholesaling and our winter CSA, gives us the perfect complement to the summer CSA. This year round income stream allows us to 'make it' on the farm and to dedicate our full energy to growing the best possible produce for our customers!

Speaking of the best possible produce, we've got another great box of veggies for you! New this week are the curly garlic scapes, which are the flowering tops of garlic plants that appear in early July every year. These seasonal treats are only available this time of year and are a sneak peak at the coming garlic crop! The entire scape is edible and can be minced and added to salad dressings, stir-fries, potatoes, or used to replace garlic in any recipe, adding a bit more scapes because they're milder than bulb garlic.

Another new veggie for many is the snap pea. Sweet, juicy, edible pods mean no tedious shelling, and make a whole new vegetable out of peas! Just snap the top, unzipper the pod and enjoy these treats either raw or gently cooked. Our two favorite ways to cook them are lightly steamed with butter as an awesome side dish, or with other veggies in a quick stir-fry. That's if you don't snack them all down raw of course!

We are so excited to share our first carrots of 2014 with our CSA members! These very early, baby carrots are particularly tender, sweet, and are great raw or steamed whole. Get ready for a summer full of Ripley Farm's famous carrots!

It's greens on the docket again this week with lettuce, mesclun and swiss chard. The mesclun is a mix of baby salad greens of all colors, flavors and textures. It's a ready-made salad that only needs a dressing before gracing your plate. Swiss chard is delicious simply steamed, adding the stems first, then the leaves until tender as we did for breakfast this morning. Or try the 'Sweet and Sour Swiss Chard' on our website!

Our summer broccoli crop made it through the hot spell and has provided us with nice big bunches for your boxes this week. We made this delicious cold broccoli salad for our trip to the beach this weekend. It was a hit! See you next week!

### Asian Broccoli Salad

- 1 bunch broccoli, cut into florets
- 1 garlic scape
- 1-2 teaspoons ginger root, minced
- salt and pepper to taste
- 1 tablespoon cider vinegar
- 1 tablespoon toasted sesame oil
- 1-2 teaspoons maple syrup
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame seeds
- 2 scallions, sliced

Steam broccoli until just tender, but still a bit crunchy. Drain and cool. Combine the rest of the ingredients (except scallions & sesame seeds) into a food processor and blend until smooth. Pour over broccoli and top with sesame seeds & scallions. Toss and serve cool.