



What's in your CSA farm share!

Carrots—Store in plastic bag in fridge for 2+ weeks.

'Detroit Dark Red'

Heirloom Beets—Store in plastic bag in fridge for 2 weeks.

Purple-skinned Potatoes

—Store in plastic bag in fridge for 2+ weeks.

Rutabaga

—Store in plastic bag in fridge for 2 weeks. Peel down to yellow flesh inside and discard any dark spots.

Baby Pac Choi (aka Bok

Choy)—Store in plastic bag in fridge for 1-2 weeks. Entirely edible! Raw or cooked!

'Tatsoi' Summer

Spinach (in a bag)—Store in fridge in plastic bag for 1-2 weeks.

'Tokyo Bekana' Chinese

Leaf Cabbage—Store in plastic bag in fridge for 1-2 weeks. Raw or cooked.

Mint—Store in plastic bag in fridge or at room temperature for 1 week.

Arugula—Store in plastic bag in fridge 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 to remove any grit before enjoying.



RIPLEY FARM

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Thank you
for your
support!

May 17, 2023—Spring CSA pick-up 4 of 6

Dear Members,

Changes abound on the farm! The trees have leaves, the grass needs mowing, AND we've been planting! The crew transplanted by hand and with our tractor pulled transplanter, seeded into the ground, as well as began readying our hoopouses for tomatoes! We're full of optimism with a clean slate to draw upon. Here's to success!

Excitingly, ALL the greens are new this week! Let's start with the pac choi. That's the same as bok choy just a different spelling. It's a medium-light green mild Asian green that forms a head often used in stir-fries or salads and is entirely edible. Just make sure to rinse well near the bottom to remove any remaining dirt before chopping. I LOVE pac choi in a quick stir-fry with onion, carrot, and other Asian greens in the CSA this week. Add soy sauce and boom, done, easy and delicious.

The dark green leaves in a bag are 'Tatsoi' which we call summer spinach as they grow well during hot summer days. They're a very mild Asian green that can be used raw in salads or in quick cooking applications like stir-fries or simple soups. For example try the Sesame-Ginger Asian Greens recipe on our website. 'Tokyo Bekana' has a similar profile. It's a very pale green tender head that is sometimes mistaken for lettuce (by those who don't read their newsletters, haha). Which is okay since it's perfectly good made into a salad! If you want to get fancier, I also like it in a Asian style slaw as can be found on the website. Or add it to stir-fry or fried rice.

I made a seasonal chicken pot pie recently with carrots, rutabaga, potatoes, and greens from the farm. It turned out well! Rutabaga is a stalwart of the winter/spring storehouse. The trick to rutabaga is to make sure to peel it well all the way down to the yellow flesh inside and get rid of any dark spots/strands you see. Then you can cube it for boiling/mashing or for roasting (my preferred way of using it). It's also traditionally used in pasties along with carrots and onions. I might just do a basic roasted sheet pan with mine to keep it simple.

Last but not least is arugula. It's peppery, it's spicy, and it's delicious with goat cheese! What more can you ask!? (Haha) Or make pesto for a pizza (recipe on website). Or cut it in with your Tokyo Bekana and grated carrots and make a salad. Minty fresh dressing, anyone? By the way, fresh mint is also new! It's great with lamb, in a chutney, as tea, or to make mojitos. Or try the Coconut Lime Lassi with Mint recipe on the website. Recently Gene put mint into an omelette with goat cheese and chives (yum!). The kids made homemade mint chocolate chip ice cream with fresh mint (double yum!). Enjoy the veggies and see you May 31.

Arugula, Beet, and Chickpea Salad (ABC)

1 15 oz can chickpeas, rinsed and drained
1 ½ teaspoons ground coriander
3 Tablespoons olive oil
¼ cup Greek yogurt
3 Tablespoons rice or cider vinegar
Zest from one orange
1.5 pounds cooked beets
1 bag arugula, chopped

Salt and pepper to taste

Spread chickpeas on baking sheet. Season with salt, pepper, 1 T olive oil, and ½ tsp coriander. Roast at 400 until crispy, about 30 min. Whisk together yogurt, 2 T olive oil, vinegar, orange zest, and 1 tsp coriander. Toss with beets, arugula and chickpeas.