



What's in your CSA farm share?

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

Beets—Store in plastic bag in fridge for 2+ weeks. Roast for the sweetest treat!

'Harvest Moon'

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

Sorrel—Store in plastic bag in fridge for 1 week. Good in soup or raw in salad.

Basil—Store in plastic bag at cool room temperature or in fridge. Use up quickly!

Fresh Spinach—Store in fridge in plastic bag for 1+ weeks.

Mesclun Mix (aka Spring Mix)—Store in plastic bag in fridge for 1-2 weeks.

Red Radish bunches—Store in plastic bag in fridge for 2 weeks. Greens are edible, too!

Green Onions—Store in plastic bag in fridge for 2 weeks. All edible!

Mint—Store in plastic bag in fridge or at cool room temperature. Use up quickly!



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!

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Dear Members,

I got a reality check this week. A guy who was doing work on our house walked in on Monday and asked me what I was eating for lunch. (Why? Because it looked so good, I'm guessing!) And I said, 'Beets. Do you eat beets?' No, was his answer! And even his son who does like to cook said he'd never even tried beets either! WHAT!?!

So, yes, I have to keep reminding myself that there are people out there, probably many, who just haven't tried a variety of veggies in their lives! So, here's a huge pat on the back to you for joining a CSA and doing just that. Trying new things! Eating a wide variety of foods! Yay! Speaking of beets and trying new things...

We've got beets this week! And I just love beets. Hannah boiled some beets and brought them to top a big salad last week for a farm dinner. I can't recommend enough my new favorite beet recipe on the website, 'Viv's Beet Carrot Slaw with Greek Yogurt'. It's addicting. This week's beet salad recipe below is another one contributed by a customer. It's delicious and ages well in the fridge as a leftover for a couple days. Another favorite way to use beets (and what I'm making for dinner!) is roasted in a mixed tray of veggies, aka a sheet pan meal. I've got my favorite sheet pan meal dressing and recipe on this blog post: www.ripleyorganicfarm.com/one-prep-hack-will-have-you-eating-more-veggies-guaranteed.

Likely new to you this week is sorrel. Gene had our annual organic inspection this week and the inspector was a French guy. He saw our sorrel growing and was excited! He said it's not common in the States and that he loves it in soup! But what is sorrel? It is a cottage garden perennial herb/veggie that is more likely eaten across the Atlantic than here. It's a spring veggie that is pleasantly sour and lemony and a little goes a long way. You can put it chopped raw in salads, but its classic use is in 'French Country Sorrel Soup' (find it on the website). Also try it in a stirfry or omelette.

And save the best for last? Basil! Yay! I love basil so much that I put it in everything. Here's our first most tender picking of basil for the year. A little earlier than usual thanks to being able to start the plants earlier in our brand new heated greenhouse for seedlings. Whooop! I put mine into salad dressing, the beet salad below, and into some Mediterranean meat balls (which also used mint).

Enjoy the veggies and we'll see you in two weeks on June 1.

Sheila's Raw Beet Salad

2 TBLS olive oil
2 TBLS red wine vinegar
2 tsp Dijon mustard
1 clove garlic, minced
1 lb. beets, peeled & grated or spiralized
2 green onions, minced
½ cup walnuts or nut of choice, chopped
Feta cheese, crumbled, to taste
Basil, chopped, to taste
Salt and pepper, to taste

Combine oil, vinegar, mustard, garlic and whisk to emulsify. Combine other ingredients. Toss with dressing. Season with salt and pepper. Serve right away or store in fridge for 1-2 days.