



## What's in your CSA farm share?

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

**Spinach**—Store in plastic bag in fridge for 1+ weeks. Rinse before eating.

### 'Hakurei' Japanese

**Salad Turnips**—Store in plastic bag in fridge for 1-2 weeks. Separate greens from roots for best storage. Edible greens!

**Lovage**—Store in plastic bag in fridge for up to 1 week. Garnish salads, soups, etc.

**Sorrel**—Store in fridge in plastic bag for up to 1 week. Rinse before eating.

### Pac Choi (aka Bok

**Choy)**—Store in fridge in plastic bag for 1-2 weeks. Entirely edible and great in a stir-fry or soup!

### Baby Lettuce Greens

**Mix**—Store in plastic bag in fridge for 1+ weeks. Rinse before eating.

**Radishes**—Store in plastic bag in fridge for 2 weeks.

**Spring Onions**—Store in plastic bag in fridge for 1-2 weeks. Entirely edible.



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 27, 2020—Spring CSA pick-up 5 of 6

Dear Members,

Happy to report it finally feels like spring on the farm with several days in the 80's. We've begun planting and all of a sudden it is dry! You never know what you'll get with farming! Nevertheless we're excited about this week's harvests for you!

There are several new things this week! This week's spring onions are thinnings from our overwintered onions that we're \*hoping\* to harvest for our first Summer CSA shares in July! The ones we left in the field will now have room to grow big! Yay! I've been going wild with mine, using them in soups, omelets, stir-fries and with fish. Yum!

Next up are 'Hakurei' Japanese Salad Turnips. These are the first harvest of these pearly white favorites that are likely new to brand new members! Now before you see the word "turnip" and turn up your nose, give these babies a chance. They have converted more than a few CSA members to turnip lovers over the past 10 years. They are sweet, crunchy, mild, and can even be eaten out of hand like an apple. That's the way our 4-year-old likes them! Or slice into a salad or gently sauté them in butter. They're also really good roasted or try Amber's Turnip Soup with Greens and Bacon recipe on the website. I'm willing to bet they'll change your mind about turnips!

Lovage is a perennial herb in the celery family, with leaves that look very much like celery on thin stalks. It has a celery-like flavor, but is way stronger, and a little goes a long way! It is entirely edible, both leaf and stalk. I chopped a little from one stalk and put it with some chicken I was cooking and it was a game changer! The flavor was really good! You could mix it with yogurt to make a sauce or dip, or add it to a soup for celery flavor. Chop it into a salad/salad dressing to give it a kick, like chicken, potato or egg salads. Or chop it and put it in a ziplock bag to freeze for celery flavor in the future.

Pac choi aka Bok choy is an Asian green favorite of ours! It is entirely edible and good either chopped raw into a salad or put into a stir-fry with other veggies. To prepare, peel away each leaf stalk, rinse (as dirt can get in under), and chop. Popular last year was the Braised Pac Choi or try the simple Pac Choi and Mushroom Stir-fry.

Sorrel is another perennial herb that is only available in a narrow season (like lovage), traditional in cottage gardens in France where it is often used in a quick soup, in a sauce, or in an omelet. Sorrel has a tart, lemony flavor that is delicious in salads. To prepare, wash it well, and chop horizontally across the leaf. Try the recipe below or the Sorrel Almond Sauce on the website to go with roasted potatoes.

Enjoy the veggies and we'll see you in two weeks on June 10!

### French Country Sorrel Soup

Butter or cooking oil  
1 bunch of spring onions, chopped  
2 medium potatoes, peeled & chopped  
Salt and pepper to taste  
1-2 teaspoons fresh lovage, minced  
2+ cups broth  
1 bunch sorrel leaves, chopped  
Cream, to taste

Sauté most of the spring onions in butter quickly. Do not brown. Add potatoes, salt and pepper, lovage, and broth. Bring to a simmer and cook until potatoes are tender. Puree. Add sorrel leaves and stir until wilted to tender. Add cream and garnish with chopped spring onion tops. Serve warm.