



What's in your CSA farm share?

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

Rhubarb—Store in plastic bag in fridge for 2+ weeks. Raw, pies, roasted, sauce.

Rutabaga—Store in plastic bag in fridge for 2+ weeks. Peel all the way down to yellow flesh inside.

Baby Kale—Store in plastic bag in fridge for 1+ weeks. Raw or cooked!

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

Lettuce Mix—Store in plastic bag in fridge for 1-2 weeks.

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

Pac Choi (aka Bok Choy)—Store in plastic bag in fridge for 1-2 weeks. All edible raw or cooked!

'Hakurei' Japanese Salad Turnips—Store in plastic bag in fridge for 2 weeks. Greens are 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!

June 1, 2022—Spring CSA pick-up 5 of 6

Dear Members,

This time of year as farmers we feel an almost boundless energy. The sun gives us light late into the evening allowing us to work late, doing just one more thing... like watering seedlings, checking on germination in the field, closing greenhouses, and setting deer fence.

Thankfully the pace on the farm doesn't follow this frenetic rate all year round. But for now the farm is at full tilt with the coming of June. I write this newsletter to the sounds of the tractor running and the wash water spraying off the white salad turnips glinting in the sun. The peas, carrots, beets, onions, leeks, lettuce, cabbage, kale, and other greens that we've planted so far are green and growing. The tomatoes are in the ground in the hoophouse and much more is going in the fields this week and every week until we start the Summer CSA in July!

June welcomes another bountiful harvest of delicious fresh veggies for you. Exciting new things this week are not in short supply! Rutabaga is new for the Spring CSA. I like it roasted in a medley of veggies or thrown in a stew. You can also boil it and mash it like potatoes, which my kids will eat no problem. Also try the Baked Rutabaga Fries recipe on the website. Yum!

New this week is rhubarb! Well we all know about the sweet things you can do with rhubarb. And if that's you, by all means, go for it and ignore the rest of this paragraph. But for those of you looking for ways to use rhubarb as a vegetable, (as it surely is!), be encouraged that you can use it in a savory way. Ideas on our website include grilling it, making it into a savory sauce or chutney, even adding it to scrambled eggs. And don't forget it's okay to eat it raw. I slice it thin and add to salad (see below).

Pac choi aka bok choy is an Asian green with mild flavor and big crunch. It can be eaten raw in salads or cooked quickly in a stir-fry or soup. It is entirely edible so don't throw out the juicy and delicious stalks! Salad turnips are just that—good eaten raw! Don't be put off by the "turnip" moniker (as I know SOME of you totally are!). These are different, very mild, sweet, and juicy. They've been winning the hearts of the unexpected for 10 years now in our CSA. I like them cut into slices or sticks and eaten with a dip. I also like them in a stir-fry. Remember they cook quickly. There are some recipes on our website for them cooked and raw and for the greens. Yum!

Enjoy the veggies and we'll see you in two weeks on June 15.

Rhubarb Apple Pecan Kale Salad

3-4 cups kale, chopped
1 apple, cut into ¼" dice
½-1 cup rhubarb, cut into ¼" dice
½ cup pecans or walnuts, chopped
6 slices bacon, crumbled, or ½ cup crumbled feta cheese, optional
2 TBLS scallions, minced
¼ cup cider vinegar

1-2 TBLS maple syrup
2 tsp Dijon mustard
Salt and pepper to taste
¼ cup olive oil

Toss kale, apple, rhubarb, nuts, and optional bacon or cheese in a large bowl. Mix remaining ingredients together and pour over the salad. Toss and serve.