



What's in your CSA farm share?

Fresh Carrot bunches—

Store in plastic bag in fridge for 1 week.
Separate roots from tops for best storage. Tops are edible made into pesto!

Broccolini (aka Sprouting Broccoli)—

Store in plastic bag in fridge for up to 1 week.

Green Oakleaf Lettuce—

Store in plastic bag in fridge for 1 week.

Red Leaf Lettuce—Store in plastic bag in fridge for 1 week.

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

Radishes—Store in plastic bag in fridge for 1 week. Separate tops from roots for best storage. Greens are edible!

Scallions (aka Green Onions)—Store in plastic bag in fridge for 1-2 weeks. Entirely edible!

'Hakurei' Japanese Salad Turnips—Store in plastic bag in fridge for 1 week. Separate tops from roots for best storage. Greens are edible!

Garlic Scapes—Store in plastic bag in fridge for 2+ weeks. Entirely edible, use like garlic!



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,

It's hard to believe that July is already half over on the farm. With our weekly harvests for this year's 199 Summer CSA farm shares in full force, July is our busiest month of the whole year! We madly race around to get the harvests done and with what time we have leftover finish planting and weeding for the week. It's exhilarating, but I'm sure glad that this frenetic pace just cannot keep up all year round!

Do you feel the same way about your CSA farm share veggies when Wednesday rolls around again? Are you getting through things or are things piling up in your fridge at a frenetic pace? I personally am down to a single kohlrabi bulb and three garlic scapes which I plan to use tonight for dinner. Phew! But if you are piling up veggies, don't forget about a few options you have to preserve them. Let me tell you: Freezing is a great option! Especially for greens as you won't have this kind of garden freshness in the winter! Most greens can be blanched and frozen. This week Swiss Chard would be a good option for that. Another great way to use up lots of greens is to make pesto! You got that right; you can make pesto with just about any kind of green including radish and/or turnip tops, even carrot greens! I have a blog post on doing just that here: <https://ripleyorganicfarm.com/how-make-pesto-and-what-do-it/>

As for salad greens, if they're building up, plan a few meals featuring a big salad and you should be all set. Great toppings that make a salad into a meal include hard boiled eggs, leftover steak, salmon, or ham, chickpeas, or chunks of cheese. Or try making a taco salad, a popular option at our house. These are great ideas for when it is hot outside.

Salad turnips and radishes again! If you've had your fill with raw in salad, there are other great options for these early season roots including roasting them! Yes, you heard that, roast them and enjoy the juicy sweet morsels they turn into. Or try quick pickling them! I usually use this basic brine to quick pickle anything (aka refrigerator pickles, like no canning needed! Really!): Fill a quart jar with julienned or chopped veggie. Bring to boil 1 cup vinegar, 1-1.5 cup water, 2-3 tsp sugar, 2-3 tsp salt. Pour over veggies and refrigerate. Try them in 1-3 days and will keep many weeks!

New this week is a taste of the broccolini we tried growing this year. I love this stuff! I just dump it out of the baggie as is into a pot to steam for a side dish or toss it with olive oil, salt, and pepper to roast at 400. The stems are more tender than regular broccoli so you can also use it for dipping. Don't cut anything off these babies!

Enjoy the veggies and we'll see you next week!

Southwestern Greens with Pinto Beans

1 bunch Swiss Chard, thick ribs removed
1-2 TBLS cooking oil
2 garlic scapes or cloves, minced
Chili flakes, to taste
½ cup scallions, finely chopped
2 cups cooked pinto beans

1 tsp ground cumin
Salt and pepper to taste

Steam the chard. Drain well and finely chop. Sauté in oil garlic scapes and scallions until softening. Add remaining ingredients, stir, cover, and cook on low until heated.