



## What's in your CSA farm share?

**Green Stem Cauliflower (Caulini)**—Store in plastic bag in fridge for 1+ weeks.

**Arugula**—Store in plastic bag in fridge for up to 1 week.

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

**Dill**—Store in plastic bag in fridge for 1 week. Salad dressings, garnish soup, dips, or freeze.

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

**Radishes (and edible greens)**—Store in plastic bag in fridge for 1 week. Separate greens from roots for best storage.

**Beet Greens**—Store in plastic bag in fridge for 1 week. Entirely edible!

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

**'Hakurei' Japanese Salad Turnips (and edible greens)**—Store in plastic bag in fridge for 1 week. Separate greens from roots for best storage.



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!

July 2, 2025—Summer CSA pick-up 1 of 16

Dear Members,

Welcome to the first Summer CSA farm share of the 2025 season! After 14 years of doing it, I can safely say you're in for an adventure! We're so glad you're here!

Your seasonal onslaught begins, but we're not just dumping a pile of veggies on you and saying "see you next week". We've got a resource for you to help you make the transition to eating more veggies easy and fun! Even the unfamiliar things (like garlic scapes) and the challenging things (like arugula) and everything in between! Check out our online "recipe book" aka the Vegetable Gallery found on our website at: <http://ripleyorganicfarm.com/vegetable-gallery> for over 450 recipes for our veggies! It's organized by vegetable so choose what you are looking for and it will pull up all our ideas for you! I often reference the recipes there in the weekly newsletter.

We'll dig right in to the new stuff! Garlic scapes are the edible flowering skinny curly tops of garlic plants. I use them in everything. Just today I put them into a homemade goat cheese with chopped chives from my garden. I also plan to put them into soups I make this week as well as homemade salad dressings. I enjoy them chopped into eggs, made into pesto, put into stir-fry and more. They make a great substitute for garlic as they taste like garlic! And I like to trim away the bulbous part with the long skinny tail at the top, otherwise, chop, chop, chop and enjoy!

You may not have liked the rain we've gotten this spring, but your veggies sure have! New for all of us is the green-stemmed cauliflower, aka sprouting cauliflower, aka caulini. It's long stemmed florets are sweeter and more tender than regular cauliflower, quicker to grow, and popular in Asia for stir-fries, dipping, and roasting. I broke ours up into florets and roasted it along with carrots this weekend. Very tasty!

Arugula might be a toughie for some of you. It's a peppery green that is often added to salad mixes or used wilted on its own. You can also make it into arugula pesto also using garlic scapes. If you're worried, try it with my favorite salad dressing recipe which uses balsamic vinegar and maple syrup to sweeten it up. To make it, whisk together: ¼ cup balsamic vinegar, ½ cup olive oil, 1 tsp Dijon mustard, ¼ tsp salt, 2 TBLS maple syrup, 1+ minced garlic clove or garlic scape.

And last but not least, as my 9 year old daughter says, are one of the "best vegetables in the world," salad turnips. No, they're not your typical winter turnip. These are pure white, small, tender, juicy, and can be eaten raw like an apple (as Harriet does regularly). Cut them up for veggie sticks, slice them and add a bit of salt, or add to salads, they are delightful raw. They're also delightful cooked, roasted, in stir-fries, in soups, etc. They're quite tender so go easy on the cooking time! The greens are edible!

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

### Blistered Garlic Scapes

¼ pound garlic scapes, chopped into 3"  
pieces  
2 TBLS cooking oil  
¼ - ½ tsp salt

Heat oil on medium in skillet. Add garlic scapes and salt. Stir to coat. Let scapes sit undisturbed 4-5 min until blisters develop. Oil should be just below smoking. Remove from heat. Stir around and leave in pan a couple minutes to crisp the rest of the way.