



What's in your CSA farm share?

Purple Kohlrabi—Store in plastic bag in fridge for 1+ weeks. Leaves are edible!

Pac Choi aka Bok Choy—Store in plastic bag in fridge for up to 1 week. Entirely edible!

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

Cilantro—Store in plastic bag in fridge for 1 week.

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

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

Basil—Store in plastic bag at cool room temperature and use up quickly.

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!

Kale—Store in plastic bag in fridge for 1 week. Remove/discard tough inner midribs.



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 9, 2025—Summer CSA pick-up 2 of 16

Dear Members,

Welcome back to your Summer CSA farm share! Did you make it through all your veggies? I almost did. As of this writing I still have half the dill and some lettuce to finish up! The season rolls on here on the farm! And with everything for weather: 95 degrees, sunshine, thunderstorms, cool and cloudy, you name it! We've been busy harvesting, planting more veggies, and weeding those already in the ground. July is our very busiest month of the year! Please wish us luck!

Garlic scapes again!! If you can't use them all in the week, they store well in the fridge or freeze them in a ziplock bag for later use. OR pickle them (recipe on website)! They're my two-year-old's very favorite kind of pickle. (Funny, I know!)

Now the new things. First, kohlrabi. What? Yes, it is the bright purple bulb that looks a bit like an alien... It's really a tasty vegetable in the cabbage family featuring bright white, crispy, juicy flesh that can be eaten raw or cooked. To prepare it, you sadly need to peel away the bright purple skin and give a good chop/discard maneuver to the bottom part to avoid toughness. (The leaves are edible like kale, so save those if you like.) Once you have it peeled to the white inside, you can julienne it to go raw with a dip or in a salad or stir-fry. Or grate it into slaw for which there are great recipes on our website. Kohlrabi is also good cooked and can make a good low-carb alternative to potatoes (that's my favorite way, adding to soups). In Germany it is traditionally sautéed in butter and cream. And I have two dozen+ recipe ideas on our website for kohlrabi if you are stumped. So please check there before you give up!

Pac choi is also known as Bok choy, a popular Asian green that is tender, juicy, mild, and great in stir-fries. It is entirely edible, but make sure to wash it well between each rib as it can harbor dirt in there. Just chop it all up! I also really like the Braised Pac Choi recipe we did last year (on website). It was really good!

Here is the big K, Kale. There are kale lovers. And there are kale haters. And there are people in between. Let's turn kale into an easy veggie for you with a couple of tips. First, remove the tough inner mid-rib and discard it. It's hard to digest and cooks slowly. Do yourself the favor and say goodbye. (Some dogs love them, I hear!) Second, if you're skeptical, try a popular kale recipe like Kale Chips, Lemony Kale Salad (massaged), or Portuguese Kale Soup. I want you to try kale and let me know!

Plus new herbs this week! Cilantro is a refreshing herb and I love to put it into salad dressings like the Cilantro Lime Vinaigrette (version 2) on the website. It's also a good garnish for soups or as a feature in soups like Cilantro Carrot Soup on the website. Enjoy the veggies and we'll see you next week!

Kohlrabi Hash Browns

2 packed cups Kohlrabi, peeled + grated
1-2 garlic scapes, minced
1 egg
2 TBLS flour
½ tsp salt
2-3 TBLS cooking oil

Wring liquid from kohlrabi. Mix all ingredients except oil. Heat oil in skillet on medium high. Add kohlrabi mixture and flatten into ¼" pancake. Fry until browning, 5-7 min. Flip and fry on other side until browning, 5-7 min. Serve hot with yogurt/sour cream.