



What's in your CSA farm share!

Fresh Spinach—Store in plastic bag in fridge for 1-2 weeks. Super sweet!

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

Shallots—Store in plastic bag or crisper drawer in fridge for 2 weeks.

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

'Tokyo Bekana' Chinese Leaf Cabbage—Store in plastic bag in fridge for 1+ weeks. Use raw or lightly cooked, very mild and tender! Entirely edible!

Lettuce Salad Mix—Store in plastic bag in fridge for 1 week.

'Purple Viking'

Potatoes—Store in plastic bag in fridge for 2 weeks. All purpose!

Baby Pac Choi (aka Baby Bok Choy)—Store in plastic bag in fridge for 1-2 weeks. Wash well near base of plant. 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

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Thank you
for your
support!

May 13, 2026—Spring CSA pick-up 4 of 6

Dear Members,

Probably you've noticed that it has been cool. The cool temperatures make for a slow-ish spring on the farm, but looking forward on the forecast it is going to shift next week in time for our annual seedling sale and our big planting time. With mornings still possible below freezing (like yesterday and today, for example), we are always conservative about our planting. Though we have put in hardy things like spinach, kale, cauliflower, cabbage, etc. that we'll plan to harvest in July, we are holding off planting tender things like tomatoes, beans, peppers and squash until the end of the month when the risk of damage from cold temperatures is minimal. Thankfully we have received a nice amount of rain for the early season. Let's hope that trend continues!

The hoopouses are fairly bursting with fresh stuff right now, which is an encouraging and satisfying sight to see for us farmers and farm visitors alike. We have five tunnels in which we grow vegetables directly in the soil to help "extend the season" in the spring and fall. In the spring time, that means that we have fresh harvests earlier than you can possibly have them from the open fields. Thanks to the hard work of the crew, this week we bring you another round of fresh spinach, fresh radishes, lettuce greens, and a couple of new Asian greens.

New this week are two types of Asian greens that are cold hearty and grow well in the spring. The first up is the very light green heads of 'Tokyo Bekana' which we call Chinese leaf cabbage. While these are indeed in the cabbage family, they have very tender leaves that are close to lettuce in texture. The ribs are very crunchy and juicy. The flavor of both the leaves and stems is exceedingly mild and can be used raw in salads, etc. like lettuce. They can also be added to cooked dishes, especially stir-fries, at the very end due to their tenderness. The entire head is edible so no waste with these babies. I have a delicious slaw listed on our website for them, as well as a basic stirfry, and they can also go into soups with chicken, pork, or tofu, soy sauce, ginger, and garlic. Or shred and put them into your wraps or spring rolls. Or braise or roast or grill it cut in half lengthwise.

As I write all this about Tokyo Bekana, I am reminded of our other new item this week. Another family favorite Asian green called Pac Choi aka Bok Choi. This week's is a baby version that is especially tender and can be interchanged in recipes for Tokyo Bekana or Napa cabbage. Like those, pac choi is entirely edible and can be rinsed well at the base for any remaining dirt and then chopped up and added to your dish either raw or cooked. Or halve it and try the Braised Pac Choi recipe on our website. I've got a few options there, another favorite being the Pac Choi and Mushroom Stir-fry.

Enjoy the veggie adventure and see you in two weeks on May 27!

Tokyo Bekana Egg Drop Soup

4 cups chicken broth
2 cups Tokyo Bekana, chopped
2 eggs, lightly beaten
1-2 TBSL soy sauce
½-1 tsp salt
¼- ½ tsp black pepper

Heat chicken broth in pot to a boil. Add Tokyo Bekana and simmer 2 min. Slowly drizzle in eggs, while stirring broth with a fork or chopstick. Add seasonings, taste, and adjust. Simmer two minutes and serve immediately.