



What's in your CSA farm share?

Broccolini—Store in plastic bag in fridge for 1+ weeks. Entirely edible!

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

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

Purple Kohlrabi—Store in plastic bag in fridge for 1 week. Sweet and mild! Peel and discard skin.

Green Cabbage—Store in crisper drawer in fridge for 1 week.

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

Summer

Squash/Zucchini—Store in plastic bag in fridge for 1 week.

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

Carrots—Store in plastic bag in fridge for 1+ week.

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



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,

"Do you have irrigation on the farm?" This is one of the biggest questions we get this time of year. Yes and no. We have limited irrigation to our high tunnels as well as to water small plants in the fields. But no we do not have large scale irrigation to water the whole farm when things get dry. Then we have to rely on the heavens to provide. And thankfully this weekend we were blessed with one inch of rain over the whole farm soaking and soothing the new life we nurture as farmers and stewards.

Does that help answer your question? Do you have other questions you wish you knew? Want to see where your veggies come from? **You are invited to come to the farm this coming Sunday, July 26 from 12 Noon to 3pm for our annual Open Farm Day.** This is the day we put the farm on display, offer farm tours with Farmer Gene and others, and you can see the six acres of vegetables, high tunnels, tools, tractors, and animals that make up our small family farm. Maybe you'll even get to see one of the calves that were just born this week... Please join us no matter where you pickup your veggies! We love to meet you and for you to experience the farm.

Speaking of experiencing the farm, you are getting a taste of new things this week. Our first new cabbage crop of the season is in and it is a sweet, squeaky, bright green ball of deliciousness! See below for a new family favorite coleslaw recipe from a friend or find some of our other favorite coleslaw recipes on our website under cabbage. Cabbage is one of my very favorite veggies of all time! So I have dozens of recipe ideas on our website, from raw uses, to cooking in stir-fries, soups, braising, roasting, etc., and to making fermented veggies like kimchi. That's what we're going to do with some of the seconds cabbage. Enjoy this fresh treat!

The purple kohlrabi?! It's so bright and appealing, but you might be unfamiliar with what it is. Kohlrabi is a sweet, crisp relative of cabbage that can be eaten raw or cooked. The texture can be likened to jicama. The purple skin unfortunately is just for looks and needs to be peeled away and discarded before preparing it for a recipe. My favorite ways to use kohlrabi include raw, thinly sliced or grated into salads or slaws or cutting it into sticks for dipping. I'm planning to make the Mediterranean Whipped Feta Dip recipe on our website which uses parsley. I also like kohlrabi in soups as a low-carb potato substitute. My most favorite cooked kohlrabi recipe is the Kohlrabi Hash Browns recipe on our website. My kids ask for seconds and thirds of these every time.

Enjoy the veggies and we'll see you Sunday at Open Farm Day and next week!

Bethanne's Coleslaw

- 1 medium head green cabbage
- 2 carrots, peeled and chopped
- 2 apples, peeled and cored
- 1 med-small onion, chopped
- ½ to 1 bunch parsley, to taste

Add all ingredients to a food processor and pulse until desired consistency.

Toss with the following dressing whisked together:

1/3 cup mayo and/or Greek yogurt, honey to taste, 1/3 cup apple cider vinegar, ½ tsp ground yellow mustard or to taste, salt and pepper to taste