



What's in your CSA farm share!

Carrots—Store in fridge in plastic bag for 1 week. Remove greens for better storage.

'Hakurei' Salad Turnips—Store in plastic bag in fridge for up to 1 week. Greens are also edible!

'Oregon Giant' Jumbo Snow Peas—DO NOT SHELL! Just snap the strings to prepare and eat whole. Store in plastic bag in fridge for up to 1 week.

Russian Kale—Store in plastic bag in fridge for 1 week. Remove tough midribs and keep leaves covered to prevent wilting.

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

Bok Choy (aka Pac Choi)—Store in plastic bag in fridge for 1 week. Entirely edible and great in stir-fries!

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

Garlic Scapes (the last)—Store in plastic bag in fridge 2-3 weeks. Entirely edible and 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

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Return
your box
next
week!

July 20, 2016—Summer pick-up 3 of 16

Dear Members,

We did it! Last week the weather favored us, and the crew weeded their hearts out on Thursday and Friday. The result? Everything that needed doing got checked off Gene's list. Amazing! We're excited to host a crowd this weekend, and the farm will be in tip top shape. We hope you'll join us on this Sunday, July 24 from 1-4pm here for a tour. Our CSA members are VIP guests, so come meet your farmers and pick-your-own herbs and flowers FREE. The forecast is looking good for a day at the farm...

We started picking peas this week! I used to hate picking peas, but as I've gotten faster and better at it, I love cruising down the rows digging around in the vines for ripe ones. I even got to do a little picking myself while Harriet's grandmother was here watching her yesterday afternoon. ☺ The peas that we're growing this year are our absolute favorites for eating as well as speedy picking. And, no, they are not 'gone by'! The returning members will remember them well as large, curvy, juicy, sweet versions of the flat, tasteless ones in Chinese food. 'Oregon Giant' jumbo snow peas are great raw as snacks: just snap off the tops and eat them whole. I love to cook them either in Asian-inspired stir-fries or steamed whole until just tender and bright green as a side dish. If these are new to you, let us know your favorite way to use them!

On the farm we can't take anything for granted. The vagaries of the weather and Mother Nature prevent us from ever being 100% sure of what will be there even the next day. Monday afternoon a thunderstorm came through the farm and brought winds and rain. Luckily, it had no lasting damage to the crops we were hoping to harvest on Tuesday for your CSA shares. Broccoli is a crop that we especially do not take for granted as it does not like hot or dry weather. Amazingly, this year's summer crop is looking great! Here's a nice pile of the first broccoli of the season for you. Broccoli is familiar so it's probably not a hard one to use. I like to steam it until tender (easy choice) or put it in a stir-fry as I did last night with my radishes from last week.

How 'bout that kale? Here's another round of it for you to try! Don't forget to check out the website for ideas on how to use it if it intimidates you.

I keep mentioning the term "stir-fries." Do you know how to make one? They are an essential kitchen skill for the CSA member. You can stir-fry practically any veggie in any combination you want! There are many things that go well in stir-fries in this week's share including salad turnips, broccoli, snow peas, bok choy and carrots. I've included as this week's recipe an example of what you could do quickly, easily, and tastily! Add seasonings as desired or add eggs or meat/chicken or tofu or beans to make a full meal out of it. The possibilities are endless! We'll see you next week!

Stir-fry of the Week

2-4 tablespoons cooking oil
1 small onion, minced
2 garlic scapes, minced (or garlic cloves)
½ pound snow peas, snapped and chopped
½ bunch salad turnips, sliced
1 head bok choy, washed and chopped
4 oz. mushrooms, sliced

Heat oil in large skillet or wok on medium-high. Add ingredients and cook, stirring frequently, until tender crisp. Season with salt and pepper or add a dressing of 1 TBL each maple syrup, vinegar, soy sauce, 2 TBL olive oil, and ¼ tsp cayenne powder.