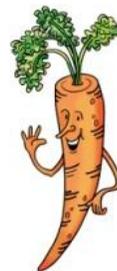


Easy Start Guide

for Ripley Farm's CSA farm shares



A whole pile of fresh veggies every Wednesday is wonderful, but sometimes can be overwhelming. So I created this one-pager to help you use them all up, eat more healthily, and not let anything go to waste! Check out my four favorite ways to use our seasonal farm shares. Time to get chopping ☺

Raw: Salads & Snacking

Salad can be more than just lettuce, friends! Many veggies are delicious eaten raw, even ones that are new to you! Mix and match techniques below:

- ❖ Wash and tear up greens
- ❖ Slice or grate crunchy veggies
- ❖ Cut up veggies into sticks for snacking

Great veggies for raw eating are greens like lettuce, kale, bok choy and cabbage; crunchy veggies like carrots, beets, radishes, turnips, kohlrabi, broccoli, beans; and of course tomatoes, cucumbers, peppers, & green onions, while in season.



Simple Soups

Just soup it! Hot, cold, chunky or smooth they're all an awesome way to use fresh veggies! I make soups weekly year round, and here's my basic way of doing it:

- ❖ Sauté chopped onions
- ❖ Add chopped veggies and spices (try garlic, ginger, hot pepper, curry powder, etc)
- ❖ Simmer gently in water/broth until all is tender
- ❖ Optional step: puree soup contents and add salt and pepper

Great soup veggies include onions, broccoli, carrots, squash/zucchini, tomatoes, greens, potatoes, etc. etc. Pretty much every veggie in the CSA make super ingredients in homemade soups! Even cucumbers!

Stir-fries

Don't know what to do with ____ veggie in the CSA? Try stir-frying it! My favorite fast and easy way to use up veggies! Try this technique with whatever you have on hand over rice.

- ❖ Chop veggies into bite size pieces
- ❖ Heat oil on large skillet on medium-high
- ❖ Throw veggies into skillet along with spices (garlic, ginger, hot pepper, curry powder, etc)
- ❖ Stir, stir, stir-fry the veggies. Don't let it stick!
- ❖ Done when tender

Basically everything that you can find in Ripley Farm's CSA shares can go into a stir-fry! Especially good options are onions/green onions, bok choy, cabbage, snow peas, peppers, and salad turnips!

Easy Roasting

Roasting is easy and especially good for root veggies!

- ❖ chop veggies into bite sized pieces
- ❖ spread on baking tray w/ optional spices & salt
- ❖ drizzle on olive oil
- ❖ roast at 350-400* until tender and caramelizing

Leftovers? Stick them in the fridge and reheat by sautéing in a little oil until warmed through. Try this with carrots, beets, onions, garlic, cabbage, turnips, rutabaga, kohlrabi, etc. Also good with greens like kale, bok choy, and cabbage.

*These are rough ideas on how to use your CSA farm share's weekly veggies. Please see our website's [FREE vegetable gallery](#) for more in-depth recipes:

<http://www.ripleyorganicfarm.com/vegetable-gallery>



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