



## What's in your CSA farm share!

**Swiss Chard (in a bag)**—  
Store in fridge in plastic  
bag for 1 week.

**'Sugar Ann' Snap Peas**—  
Do not shell. Snap the  
tops and eat whole. They  
are entirely edible! Store  
in plastic bag in fridge for  
up to 1 week.

**Broccoli**—Store in plastic  
bag in fridge for 1 week.  
Try it chopped in a stir-fry  
with other veggies.

**Garlic Scapes**—Store in  
plastic bag in fridge for 2-  
3 weeks. Entirely edible  
and use like garlic!

**Radishes**—Store in  
plastic bag in fridge for 1  
week. Want to tone down  
the spice? Cook them!  
Roots AND greens are  
edible.

**Red Leaf and Romaine  
Lettuces**—Store in plastic  
bag in fridge for 1 week.

**Cilantro**—Store in fridge  
in plastic bag and use up  
quickly! Great as garnish  
on salads and in soups.

**Scallions (Green  
Onions)**—Store in fridge  
in plastic bag for 1 week.  
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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Return  
your box  
next  
week!

July 12, 2017—Summer pick-up 2 of 16

Dear Members,

How did it go with your first week? Did you finish everything? Hope so! If not, I've dedicated this newsletter to you!

Having a CSA share is akin to being a farmer at Ripley Farm in July. We have so many things to weed that it seems like there is no way we'll get it all done. By next week we need to clean up the summer and winter squashes, cucumbers, carrots, beets, cabbages... The list goes on. Does this outlook seem familiar? You might stare into your fridge and think "by the end of Tuesday, I have to finish Swiss chard, beet greens from last week, two huge heads of lettuce, cilantro..." and on and on! But, how?!

Abundance is what is so great about this time of year, and it is also a mindset that we get into as farmers. At our house, we eat veggies three meals a day, especially in the summer months, because we have them. Abundance is what we have in common with you, our Community Supported Agriculture members!

Being a busy stay-at-home-farmer-mama, I like pre-prepped food so I can get meals on the table quickly. Here are my tried and true ways we eat more veggies:

**Breakfast:** This time of year, we love cooked greens with our eggs and toast. Steamed ahead of time, chopped greens like kale, Swiss chard, beet greens, etc. are great re-sautéed in butter with minced garlic scapes and salt to taste. Yum!

**Lunches:** One trick that I got from my own mom is to pre-prepare a salad without the dressing that can be pulled out of the fridge quickly, portioned out and topped with a favorite dressing, and viola! Didn't finish it all? Put it back into the fridge and repeat. This weekend for visiting family we made our big salad out of lettuce, salad turnips, bok choy, and scallions. We added the dill and garlic scapes to a salad dressing.

**Dinners:** Stir-fries are awesome! This is something that you can prep ahead, also. When the baby is sleeping I often chop, chop, chop veggies to prepare for a stir-fry. This week I will pre-chop radishes, scallions, our first light picking of broccoli, peas, and garlic scapes. To make, heat oil in a skillet on medium high, toss in chopped veggies, fry stirring often until tender-crisp, and add seasonings as desired like soy sauce, ginger, hot pepper, etc. Serve with meat/rice/pasta/whatever else you like.

Garlic scape overload? They freeze well chopped. Or make Garlic Scape pesto and freeze. A member contributed recipe is on the website. Delish!

Your herb this week is cilantro. Love it or hate it? We love it! Cilantro is good as a marinade for chicken and with chicken and fish in general. Or dress your salads with the Cilantro-Lime vinaigrette recipe on the website. We are going to use it to garnish chicken or fish tacos this week. Mmmm...

Enjoy and see you next week!

### Cilantro & Spring Vegetable Chicken Salad

1-2 cups cooked chicken, chopped  
¼-½ cup scallions, thinly sliced at an angle  
½-1 bunch radishes, sliced  
handful of snap peas, snapped and chopped  
½-1 bunch cilantro, washed and chopped

4 TBLS olive oil  
2-3 TBLS lime juice (or lemon/vinegar)  
Seasonings to taste: cayenne powder,  
cumin, salt, pepper  
Whisk together to make dressing.  
Pour over tossed salad ingredients. ☺