



What's in your CSA farm share!

Beet Greens—Store in fridge in plastic bag for 1 week. Keep leaves covered to prevent wilting. Entirely edible.

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

Baby Russian Kale—Store in plastic bag in fridge for 1 week.

Scallions (Green Onions)—Store in plastic bag in fridge for 1 week. Entirely edible!

'Hakurei' Salad

Turnips—Store in plastic bag in fridge for 1 week. Roots AND greens are edible. Try it!

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

Cilantro—Store in fridge in plastic bag for up to 1 week. Use up quickly or freeze it. Think Mexican food. Think Indian food.

'Sugar Ann' Snap Peas—Store in fridge in plastic bag for 1 week. Pods are edible! Snap the tops! Last 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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Return
your box
next
week!

July 18, 2018—Summer CSA pick-up 2 of 16

Dear Members,

How did your first week go? Did you get through everything? I hope so, because we've got a bunch more for you this week!

We are busy with weeding, planting, and harvesting, PLUS making the farm beautiful! Our little farm's big day is coming up, and we want you all to come see everything! We're having our annual Open Farm Day on Sunday July 22 from 12-3pm. Tour the farm, buy extra veggies, pick a bouquet/herbs for free, meet your farmers! It will be fun! PLUS bonus this year, a free food class at the end called "Dip into Dips" at 2:30pm. Sunday is a great chance for those who don't pickup on the farm to see where your food comes from! Worth it! We'd love to see you here!

New this week are two greens from the Chenopodia family: Beet greens and Swiss chard. Basic preparation of Swiss chard goes like this: wash well, chop the leaves, and steam until tender. Add salt, pepper, butter, and a dash of vinegar. We used to eat eggs with a side of greens like this every day for breakfast when we were training to become vegetable farmers. Or dress it up and try sautéing yours the way my mom does it: Mary Jo's Sautéed Swiss Chard. Or in a frittata. Or a hearty vegetable soup!

Beet greens are a regional favorite in Maine. I grew up in Texas, and they don't eat beet greens down there like they do in Maine. So I've grown to love them. The trick to beet greens is to wash them well. They have many crevices that harbor little rocks. And do we have little rocks on our farm! Come out this Sunday to see! Haha! Anyway do this one thing and you're well on your way to loving beet greens. Next is to cook 'em! Try Easy Sautéed Beet Greens or the Beet Green Crisps on the website.

OMG kale again? Yep, but don't worry, you'll only get it one more time-ish. Then you'll be missing it until fall... If you're stumped, take advice from the dozen CSA members who came to the aid of a member in a kale quandary this week in our CSA's private Facebook group. (Are you in the group yet? If not, join us here:

www.facebook.com/groups/RipleyFarm. It's free!) Favorites mentioned were: Zuppa Toscana, steaming, massaged, sautéing with garlic, roasted kale chips, lemony salad, vegetable pancakes or "meatless balls", and more! Don't let your kale get you down!

And speaking of a challenge: Cilantro is up! I love cilantro! I know a lot of people do, and some don't. Cilantro-convert member Diana recommends this recipe: twosleevers.com/instant-pot-butter-chicken. We personally love cilantro in Mexican- and Indian-inspired dishes! Gene made Breakfast Migas today topped with fresh cilantro. Or try the Cilantro and Spring Vegetable Chicken Salad recipe. Let us know what you do with yours! Enjoy and see you next week!

Moroccan Beet Greens

Cooking oil
1 garlic scape, minced (or 1 clove garlic)
¼ TSP each cumin and paprika
1 bunch beet greens, rinsed and chopped
½-1 cup water
Salt to taste
¼-1/2 TSP lemon rind, grated

hot chili flakes, to taste
1-2 TBLS cilantro, chopped

Heat oil in skillet. Sauté garlic, cumin, paprika for 10 seconds. Add beet greens, water, salt. Simmer covered until all is tender, 20-30 min. Add rest of ingredients. Cook 2-3 min. Serve.