



What's in your CSA farm share!

Japanese Salad

Turnips—Store in fridge in plastic bag for 1 week. Greens are edible, too!

'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!

Beet Greens—Store in plastic bag in fridge for 1 week. Wash well and entirely edible.

Green Summer Crisp

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

Pac Choi (aka Bok

Choy)—Store in fridge in plastic bag. Entirely edible and great in stir-fries, slaws, salads, soup.

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



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 19, 2017—Summer pick-up 3 of 16

Dear Members,

The harvest is in, thanks to our thunder-dodging farmers out there! With thunderstorms all around us yesterday, it was trickier than usual to pull together the CSA harvest this week. Thankfully, here it is for you, clean and beautiful!

Weeding is more difficult this season on the farm as it literally rains almost every day. As organic farmers, we rely on the sun and wind to work their magic on the weeds after we cultivate by hand or with our tractors. This year's frequent rains give enough water back to the weeds to keep them alive. I swear we have weeded the peppers more times than I can count. And there are *still* a lot of living weeds out there.

Despite the weeds, we hope to have the farm in tip top shape for this Sunday's Open Farm Day at Ripley Farm. Please join us for an afternoon of fun, food, flowers, and farmers on this Sunday, July 23, from 12pm to 3pm. Gene will give tours of the production fields and equipment. Mary Margaret will sell veggies and flowers on site. And Sarah will show everyone around our Pick-Your-Own gardens. Bring a friend and scissors to cut FREE PYO flowers and herbs for CSA members. We love meeting our members so please consider attending. Admission is free. Everyone is welcome!

New this week is carrots! Oh yeah! Five out of five farmers agree that harvesting is the best task on the farm. And I love harvesting carrots the best of all! If you weren't aware, we love carrots at Ripley Farm and grow a lot of them. Hopefully you'll be seeing them almost every week in the CSA from now on. You probably don't need help eating the carrots this week: hello baby carrot sticks for snacks and salads?? Later on if you get a build up I'll refer you to our website's plethora of carrot soup recipes! ☺ I made Carrot Cilantro Soup this weekend for dinner with friends. Delish!

Last week of garlic scapes. And there were so many this year, which means there will be lots of garlic, too, later in the CSA. Garlic scapes will keep in the fridge for a while if you are backed up or try freezing them or making a pesto. Or try making a spread for bread out of garlic scapes and blanched peas blended with salt, pepper, and olive oil. I can vouch for the yumminess of this creation.

I admitted to lacking inspiration for broccoli last week, so we discussed it at farm crew lunch yesterday. Suggestions include broccoli in soup, steamed, raw in salads or with dip, in a casserole with leftover chicken, and Sara's broccoli slaw recipe below. Yep, that one definitely hit the spot for me last night.

This past week we uncovered the pest-excluding fabric from our summer and winter squash, zukes, and cukes to find beautiful green plants with yellow flowers. Hopefully coming soon... Enjoy this week's seasonal bounty and see you next week!

Broccoli Slaw

1 pound broccoli including stems, julienned
½ bunch carrots, thinly sliced or grated
1 scallion or ½ small onion, finely chopped (optional)
1-2 cups bok choy or cabbage, shredded (optional)
2 garlic scapes, minced
fresh or dried herb, minced (basil, dill, parsley, etc.)
Toss above ingredients.

¾ cup mayo or greek yogurt
1 tsp prepared mustard
3-4+ tsp vinegar and/or lemon juice
1-2 TBLS olive oil
salt, pepper, celery seed to taste
Whisk together to make dressing.
Pour over tossed salad ingredients. ☺