



What's in your CSA farm share:

'Oregon Giant' Jumbo Snow Peas

—Store in fridge in plastic bag for up to 1 week. Whole pods are edible—don't shell these!

'Jester' Summer Crisp Lettuce

—Store in plastic bag in fridge for up to 1-2 weeks.

Green Cabbage

—Store in fridge in crisper drawer for up to 2-4 weeks.

Check our website for many cabbage recipes!

Swiss Chard

—Store in fridge in plastic bag for 1 week. Keep greens covered or they will quickly wilt. Steam or add to stir-fries!

Summer Squash/Zucchini

—Store in plastic bag in fridge for 1-2 weeks or at room temperature for short term.

Carrots—Store in fridge in plastic bag for 2 weeks, removing greens if storing long term.

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

Garlic Scapes—Flowering green tops of garlic kept in fridge will last a month. Chop 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

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Return
your box
next week

July 22, 2015—Summer pick-up 4 of 16

Dear Members,

Week four of the CSA already? Gene always says that starting in July it's a whirlwind of harvest, weed, harvest, weed, harvest until it's November when we look back and say, "Whoa, we did all that?!?"

Yep, after harvesting for your CSA shares this week, we're weeding the farm all day tomorrow! Get a taste of what it's like on our organic farm **THIS Sunday July 26 at our annual Open Farm Day from 1-4pm**. Tour the farm and see our (hopefully) weeded beds of carrots, beets, and dozens of other crops, pick yourself a FREE bouquet of fresh flowers, and visit the young pigs and chickens. Hope you'll join us here!

Anyone know the oldies song that goes "Seasons turn, turn, turn..."? I think that that song should be playing faintly in the background every week as we harvest for the CSA. Last week of garlic scapes in your shares with garlic coming soon. We are excited to begin picking our first summer squash. Varieties with later "days to maturity" are coming in like snow peas and 'Belstar' broccoli in our early planting. And, the slow season has finally delivered our first picking of Swiss chard!

I consider picking our first cabbage of the season to be a rite of passage. This year it has come in with abundance, and with no room in the cooler, we've gotta use it up! So, we've devised a plan where you can help: a Kimchi Party at the farm next Sunday, August 2 at 2pm! There was a lot of interest in our on-farm make-your-own sauerkraut class we hosted for the first time last year, so we're at it again! 1. Bring your muscles and creativity. 2. We'll provide the veggies. 3. Go home with a jar of your own kimchi/sauerkraut! There's plenty of summer cabbage to go around, so RSVP to me via email, phone, or Facebook if you'd like to come ☺.

Snow peas?! No, no, these are not overgrown versions of flat, tasteless, Chinese restaurant snow peas. The 'Oregon Giant' snow peas are our favorites, and are way better than their cousins: large, fat, crispy, sweet, and entirely edible! Like your snap peas last week, just pull the strings and eat raw as a snack. Or include them in your daily stir-fry like I do. For example, last night's was summer squash, snow peas, and Swiss chard with a dash of soy sauce and vinegar! Or try the easy cold salad recipe below. We brought it for dinner to a friend's house this weekend. It was delicious!

"It looks like somebody took a paintbrush and flicked it onto each of the lettuces," said a friend when she saw this week's 'Jester' lettuces in the field waiting to be picked for the CSA. The red-flecked heads of 'Jester' are a new variety of summer crisp lettuce that has already proven to be a great "taco shell" for chicken salad.

Have a great week & please remember to help us out by returning your boxes!

Snow Pea Salad

1+ pound snow peas, snapped, steamed, cooled,
chopped into 1" pieces

2 TBLS tahini

2 TBLS olive oil

1 TBLS lemon juice

salt to taste

¼ cup minced fresh herb (dill, mint,
parsley, etc.)

Whisk together the following dressing and pour over snow peas. Or replace the tahini and olive oil with ½ cup sour cream and 2 TBLS mayonnaise for a creamier version.