



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.

Pac Choi (Bok Choy)—Store in plastic bag in fridge for up to 1 week. Entirely edible!

Broccoli—Store in plastic bag in fridge for 1 week. Can even peel and chop stems into stir-fry!

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

Green Cabbage—Store in fridge for 2-3 weeks.

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

Summer Squash/Zucchini—Store in fridge in plastic bag for 1-2 weeks. All the kinds can be interchanged.

Oriental Eggplant—Store in fridge for 1 week. Eat up! First ever!

Green Beans—Store in plastic bag in fridge for 1 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 25, 2018—Summer CSA pick-up 3 of 16

Dear Members,

What a difference a week makes! Last week the farm was looking all scraggly and weedy. This week it's in tip top shape thanks to hard work from the crew. We had a great Open Farm Day and LOVED seeing CSA members here!

We've had a sluggish start to the summer season this year thanks to a very dry spring. Actually, the driest spring we've had in 10+ years farming. But wow, what a difference a week makes for the harvests, too. We're going from a lot of greens in week two to full summer in week three all of a sudden! We knew the summer squash and broccoli would be coming on... but there's also the first beans this week as well as cabbage! No easing into it, y'all. Summer is finally here at Ripley Farm.

Plus a totally new crop for the CSA: Eggplant! When a seasoned member heard this weekend about eggplant, she said, "There better be a recipe, because I don't know what to do with it." And as good as promised, I've got not only one recipe for ya here, but multiple on our website's Vegetable Gallery NEW Eggplant recipe page. Whoooop! Check it out! And our employee Jean who self-describes as "not-a-fan-of-eggplant" actually liked the Eggplant Caviar I just made yesterday.

Now to prepare eggplant, which totally depends on the recipe. Peel it and chop for stir-fry or broil rounds or grill halves both skin on. I liked both Roasted Eggplant and Summer Squash and Stir-fried Chinese Eggplant with green beans. What will you make?

So many firsts this week so it will be hard to get through it all. Summer squash is now in! We grow several varieties of summer squash and zucchini. And did you know they are very similar in taste to one another and can be substituted in recipes? Try it! Our simple go-to summer squash recipe is Sautéed Summer Squash with Cheese. Or try the popular dip I made this past week Zucchini Tahini Spread.

Broccoli! Of course, steamed broccoli is a classic. But also try raw broccoli in our Curried Vegetable Hors D'oeuvre Platter! That dip comes highly recommended from the class taste test! Or try Stir-Fried Broccoli and throw in your bok choy, too.

And then there's cabbage. The one that some people love and some people say they "don't love". Well, try this! It is literally fresh picked and you can't get fresher! At my house we love cabbage so much that we have over 20 recipes on the website for it. I will probably use it in a stir-fry because that's the easiest to prep ahead, but have you tried Roasted Cabbage Steaks? OMG are they good. Enjoy and have a great week!

Eggplant, Summer Squash, and Green Bean Curry

Cooking oil

1 garlic scape, minced (or 1 clove garlic)

1 TBSP fresh ginger root, peeled and minced

½ pound green beans, cut into 2" pieces

1 eggplant, peeled and cut into 2" x ½" x ½" sticks

1-3 summer squash, cut into 2" x ½" x ½" sticks

Salt to taste

2-3 TSP lime or lemon rind, grated

Curry powder or paste to taste

1 cup+ coconut milk

1-2 TBLS cilantro, chopped (optional)

Heat oil in skillet. Sauté garlic and ginger for 10 seconds. Add green beans and squash and sauté 5 mins, stirring. Add eggplant sauté 5 min more. Add rest of ingredients except cilantro and simmer until veggies are tender. Garnish with cilantro.