



What's in your CSA farm share!

Russian Kale—Store in fridge in plastic bag for 1 week. Keep leaves covered to prevent wilting.

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

Beet Greens—Store in plastic bag in fridge for 1 week. Wash well to remove grit! Entirely edible. Great steamed or stir-fried.

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. Roots AND greens are edible. Try it!

Red and Green Leaf

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

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

'Baby Tatsoi' Summer

Spinach—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

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Thanks for
a great
season!

July 6, 2016—Summer pick-up 1 of 16

Dear Members,

It's in the mid-80's and sweltering summer is here! With it comes the first harvest of veggies! Since May first we've been working the soil, planting, and weeding to get ready for this big day. Today is the first week of Ripley Farm's 2016 Summer CSA! With your support we are proud to provide weekly organic veggies to over 130 families in the Dover-Foxcroft, Bangor, and Guilford areas this summer and fall! Thank you!

Green is the name of the game this week at the farm. You've got familiar favorites like lettuces and radishes paired with (possibly) new things like Bok Choy and garlic scapes and even (possibly) scary things like kale. It's salad time at our house! Farmer Gene is a whiz at making homemade salad dressings so check out our "Lettuce" page on our website's veggie gallery for some of those creations.

Garlic scapes are the flowering tops of garlic plants that are only in season this time of year. They can be used just like garlic, just a taste of what's to come in August. Chop up the whole scape and add to stir-fries, soups, pizzas, or make into a pesto on their own (see website for recipe). Or try using your scapes minced into a salad dressing with tahini, lemon juice, and dill. Mmmmm!

Kale! Does it invoke fear in you? I say that every year, but believe it or not there are still people out there that think they hate kale. Our new employee, Sara, loves kale raw on her sandwiches or in salads. Today for lunch I made a "massaged kale salad" which simply involves putting a dressing over chopped kale and doing just that for several minutes. Delish! Kale is also very respectable cooked. I love it steamed with an Asian-inspired dressing in "Kale Sceptics Salad". Check out our website for ideas on how to use kale. Click on Vegetable Gallery, then find "kale" and click to bring them up.

Stir-fries are also a wonderful way to use this week's veggies. Bok choy (aka Pac choi) is an Asian veggie that may be new to some of you. It's delightfully crunchy and juicy and sweet. Wonderful in salads, but really excels in the stir-fry. Bok choy is entirely edible so chop, chop, chop, toss into a skillet for a quick stir-fry with garlic scapes, chopped radishes, or anything else you like! Yes, radishes are delicious cooked. I actually like them better that way. The cooking mellows the bite and brings out the sweetness in these seasonal roots.

'Tatsoi' summer spinach is very popular with our customers at farmers market. It's a tender green that is great steamed, stir-fried, or eaten raw in salads as you would spinach. New and familiar, we hope you enjoy it all, and we'll see you next week!

Fried Rice with Greens and Garlic Scapes

1 cup chicken broth or water
1/2 bunch radishes
½ bunch kale, ribs removed, leaves sliced thinly
1 head pac choi, washed and thinly sliced
3 tablespoons oil
2 eggs, beaten
2-4 garlic scapes, minced
2 cups cooked, cold rice
salt and pepper to taste

Lightly boil radishes and greens in broth separately, about 1-2 min each. Drain. Heat oil in large skillet (or wok) on medium-high. Add eggs and scramble 1 min. Remove. Add radishes, greens, and garlic scapes and sauté 1-2 min, stirring. Add rice and stir to mix and heat through. Add eggs, salt, and pepper to taste.