



Ripple Farm Organics
ORGANIC VEGETABLES FROM KENT
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Ripple Farm Organics – Mixed Leaf Salad Bags

Ripple Farm Organics ‘Mixed Leaf Salad Bags’ are harvested by hand at the Farm in Kent, early in the day to benefit from any dew, and packed the same day with care taken in their presentation.

The ingredients are all grown on the farm to the Soil Associations Organic Standards and change as the seasons grow, mostly grown in the fields with a small amount grown in polytunnels over winter.

What's in a Bag?

The salad bag contents are carefully chosen from what’s available each week to give a balance of tastes, textures, aromas – delicious, beautiful and seasonal! Edible flowers are often included for appearance (they taste good too) and a variety of herbs are added sparingly to complement the salad leaves. The mix of ingredients changes gradually through the seasons. The ‘summer’ bags tend to be milder and sweeter, a typical bag may include mizuna, green wave mustard, rocket, cos and oakleaf lettuce with a taste of nasturtium leaf and flower. The ‘winter’ bags rely on more on the hardy and often hot leaves, a bag may include spicy giant red mustard, bright red raddichio, green wave mustard, pak choi and young, sweet kale leaves. No two bags are the same, with ingredients changing from week to week according to the seasons.

Preparing the Salad

The salad leaves are packed un-washed. To prepare, we recommend washing, then cutting or tearing all the leaves and mixing together, and serve with a dressing of your choice. Eat as fresh as possible for a tasty, nutritional salad. Keep refrigerated.

*** **Mustard - Allergen Warning** For most of the year our mixed leaf salad bags contain mustard leaves.

Ripple Farm Organics – Mixed Leaf Salad Bag Ingredients

<i>Salad Leaf</i>	<i>Appearance</i>	<i>Taste</i>	<i>Availability</i>
Mizuna <i>Brassica rapa var 'Japonica'</i>	Dark green fern-like leaves, long and thin (we also grow some red mizuna)	Juicy, only slightly spicy	All year
Green Wave Mustard <i>Brassica Juncea</i>	Green, frilled leaf	Distinctive, mustardy taste.	All year
Giant Red Mustard <i>Brassica juncea var rugosa</i>	Colourful leaf ranging from deep purple to green with purple veins	Very hot	Nov – May
Salad Rocket <i>Eruca Sativa</i>	Dark green, lobed leaves, long and thin. White flowering shoots also used	Unique, peppery taste	All year
Pak Choi <i>Brassica rapa var chinensis</i>	Dark green leaf, with white stem. Flowering shoots also used	Stem is juicy, leaf has a hint of mild mustard, shoot is sweet.	Nov. - May
Kale <i>Brassica oleraceae</i>	Young, sweet leaves of ‘Hungry Gap’ – light green, soft, frilly edge & ‘Red Russian’ kales – beautiful purple stem, light green leaf, becoming purple as it grows	Sweet tasting Crunchy, can be sweet	Nov - May
Claytonia (Miners Lettuce) <i>Montia perfoliata</i>	Small, heart-shaped green leaves, on a long stem, with delicate white flowers at the centre.	Succulent, mild tasting leaves.	Dec. - May
Nasturtium <i>Tropaeolum majus</i>	Delicate, lobes round green leaf with flowers of all shades of yellow, orange and red.	Both leaves and flowers are tangy, peppery	Jun. – Oct
Radicchio / Chicory <i>Cichorium intybus</i>	Bright red/pink leaves, some variegated – very beautiful	Characteristic bitterness	Sep. – Mar.
Endive / Frissee <i>Chicorium Endiva</i>	Frizzy, green leaf	Crisp, bitter	Jan - Jul
Lettuce <i>Lactuca sativa</i>	Various, including cos, batavia, butterhead, oakleaf	Try them	May - Nov

We’re always trying new varieties but the above are the main ingredients of our seasonal mixed salad bags with the following included occasionally through the year :-
 Baby spinach, baby chard, flat parsley, celery leaf, basil, wild garlic leaf and flower