



## What's in your CSA farm share:

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

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

**Swiss Chard**—Store in a plastic bag in fridge for up to 1-2 weeks. Keep all leaves covered to prevent wilting.

**Dill bunches**—Store in plastic bag in fridge for up to 1 week.

**Cucumbers**—Store in plastic bag in fridge for up to 1 week.

**Green Beans**— Store in plastic bag in fridge for up to 2 weeks. Snap off tops before eating,

**Cabbage**—Store in plastic bag in fridge for up to 1 month.

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



Ripley Farm is a MOFGA Certified Organic farm and we spray no chemicals. Although we wash all our produce, we still recommend rinsing it before enjoying.



## RIPLEY FARM

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Return  
your box  
next  
week!

July 31, 2013

Dear Members,

What could be more boring to hear about than weeds, weeds, weeds? Well, we have some good news for you! All this rain that we've had this summer has really given the weeds at Ripley Farm a leg up over us farmers and our crops. But, we've been out on the days that have NOT been rainy working, and we are officially almost caught up on our summer weeding. This past week and weekend we finished weeding our winter squashes, fall carrots and beets, onions, and fall brassicas.

This means we are ready for next week's farm tour! Join Gene for a tour of 'where your food comes from' starting at 5:30pm next Wednesday, August 7 (during pick-up) at Ripley Farm! We hope to see you here ☺. We'd love to have Bangor CSA members come out to the farm for the tour. Just let us know if you'll be coming and you can get your box here at the farm instead of at the Central Street Farmhouse.

The summer cabbage has come in and it's time to enjoy some coleslaw in your picnics and lunches! Cabbage is a tasty, nutritious and versatile vegetable. It's great raw in a salad, stir-fried with other veggies or made into a casserole. I'm planning on using this week's cabbage to make my grandmother's Cabbage Casserole recipe for my sister-in-law who is coming to visit this weekend! Check out this recipe on our website.

Green beans straight from the garden are such a treat, and I can really notice a difference when they are fresh! We plant 5 different plantings each summer and these are 'Jade' beans from the first planting seeded at the end of May. Green beans are a great snack raw with a dip or even better lightly steamed until bright green and then served as a side dish with butter, salt and pepper. We also like to make a cold salad with chilled steamed green beans and a vinaigrette dressing.

Our summer squash is in full force this week. In addition to zucchini, you'll also find different types of summer squashes including yellow patty pan, yellow straight neck, and light green types. All of these types of summer squash/zucchini can be used interchangeably and are best treated to light cooking until just tender (not mushy!).

You have dill bunches in your boxes this week! This is lucky because this is also your first week of cucumbers which pair so well with dill. We made a yummy cold salad with cucumbers, sour cream and dill yesterday. Find this recipe and seven others on our website's Vegetable Gallery under 'Cucumbers'! Dill also pairs well with carrots in an easy and tasty recipe that I made for lunch today called Braised Carrots with Dill. Check out the recipe below. We also like to put dill in salads and dips.

Have a great week and we hope to see some of you for next week's farm tour!

### Braised Carrots with Dill

3 tablespoons butter  
1 bunch carrots, sliced crosswise  
¼ cup chicken stock or water  
1 tablespoon vinegar (I used apple cider)  
1 tsp sugar or maple syrup  
Salt and pepper  
1 tablespoon minced dill

Heat butter in skillet on medium. Add carrots, stock, vinegar, sugar, salt and pepper. Simmer covered until just tender, about 5 minutes. Uncover and turn up the heat to reduce the liquid to a sauce. Add dill and mix. Serve.