



## What's in your CSA farm share!

**Green Beans**—Store in fridge in plastic bag for 1 week.

**Green Cabbage**—Store in fridge for 2+ weeks. Wrap in plastic if cut.

**Tomatoes**—Store at room temperature for up to 1 week.

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

**Dill head**—Store in plastic bag in fridge for up to 1 week. Use to make refrigerator pickles!

**Purslane**—Store in plastic bag in fridge for 1 week. Use leaves raw in a salad, lemony fresh tasting!

### Red Summer Crisp

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

### Summer

**Squash/Zucchini**—Store in fridge in plastic bag for 1 week. Mix of Patty Pans, Yellow/green summer squash, and green zucchini.

**Carrots**—Store in fridge in plastic bag for 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 to remove any grit before enjoying.



## RIPLEY FARM

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Return  
your box  
next  
week!

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Dear Members,

What does a day in the life of a farmer at Ripley Farm look like? Well, that's what I'm here for! Let's take a CSA harvest day for example. Work starts at 7am. Farmer Gene scribes the harvest list up on the white board in the packing shed as employees load boxes into the trucks. And they're off as the fog lifts from the fields!

First thing, we harvest tender crops like greens before the heat wilts the leaves. Cut, cut, cut, and in comes the lettuce still crisp from the field stuffed into boxes of 10 to be washed in cold water and then hauled into the walk-in cooler to fully chill down. Cabbage is up next. Gene slices the heads from the plants, as we load the heads into pallet crates on the tractor. Cabbage is the quickest item to harvest this week!

As the sun raises high in the sky, we head out to pick summer crops. We clip off the fruits of prickly summer squash plants and carefully tuck them into buckets without nicking their thin skins. Then, we bend over sweeping our hands side to side hunting for ripe cucumbers amongst the rough leaves. Plunk, into buckets they go. Same with green beans: Pick, pick, pick as fast as we can so we can have time to get the rest of the harvest in before the forecasted thunderstorms come late afternoon. Gentle hands slip the tomatoes from their calyxes on the vines and are then laid into buckets only a couple of layers deep to prevent crushing. The smell of tomatoes is everywhere!

Then, my favorite: carrot harvest time! Carrots are loosened with the tractor-driven bed lifter, clipped into buckets, and then brought down to be washed in our farm-built barrel root washer. In dirty and out all shiny and beautiful! I love carrots!

Phew, it is all in! Now it is time to get all the veggies weighed, prepped and ready to go into this week's CSA shares. How about that for a day in the life, folks?

While the mid-August summer crops of cukes, zukes, and beans are booming, we are excited to have a couple of new things for you this week. The first of which is a dill head, an item that we've never put in the CSA before. Over the years people have asked us for dill heads to make pickles. And, finally they are here for you as well as a recipe for refrigerator pickles below. Try it with either beans or cukes or both and enjoy! Pickles are among our daughter's very favorite foods.

Also new this week is purslane. A few years ago, purslane was a CSA member request that has now grown into a once-a-year regular item. Get this: it is considered one of the most nutritious foods on the planet and is chock full of minerals, vitamins, and antioxidants. Its thick succulent leaves feature a lemony taste that goes well raw in lettuce salads, and also pairs well with cucumbers and tomatoes. We have specific recipes on the website. Let us know how you like this superfood! Have a great week!

### Refrigerator Dill Pickles (1 quart)

1.5 cups water  
1 cup vinegar  
2 tsp sugar  
2 tsp salt

Combine above ingredients, bring to boil, and cool.

3 cups cucumbers, speared or sliced  
1-2 cloves garlic, peeled  
1 head dill  
Stuff above ingredients into quart jar.  
Pour over cooled brine. Cover and refrigerate for at least 24 hours.