



What's in your CSA farm share!

Carrots—Store in fridge in plastic bag for 1 week. Remove greens for better storage.

Fresh Sweet Onion—Store in plastic bag in fridge for up to 1 week. Green tops are also edible!

Yellow Wax and Green Beans—Snap the ends to prepare. Store in plastic bag in fridge for up to 1 week.

Cabbage—Store in plastic bag in fridge for 1+ weeks.

Purslane—Store in plastic bag in fridge up to 1 week. Leaves and stalks are edible and super nutritious.

Zucchini/Summer Squash—Store in plastic bag in fridge for 1 week or out of the bag at room temperature for less time.

'Magenta' Summer Crisp Lettuce—Store in plastic bag in fridge for 1 week.

Cucumbers—Store in plastic bag in fridge for 1+ weeks. Try cooking these! (see website for many recipes)

First Red Ripe Tomatoes—Store at room temperature for up to one 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!

August 3, 2016—Summer pick-up 5 of 16

Dear Members,

I hate to complain. Well, I don't really hate to complain (haha), but I do hate to complain in the farm newsletter! This is serious. We could use rain on our little farm. Until recently we've limped along with rainstorms dropping an inch here or there, but now it has been weeks since we've had any soaking. Even though it's the overall driest year we've seen in the past 10 years, so far we are still having a good year, amazingly. But, August is normally our driest month, and we are worried about the impact on the remainder of the summer and fall harvests if this weather pattern continues to hold.

In good farm news, we started harvesting our garlic crop last week! With a quarter of it hung to cure already, it's looking promising! Check it out when you come.

August is officially here, and with it comes the seemingly endless picking season. Do I say that all the time? Well, it is just the same every year. We think we're busy in July, and then August comes with its near-daily harvest of cukes, zukes, beans, summer squash, and even tomatoes(!), which are just starting to ripen. Is a farmer's work ever done? ;) Luckily, the planting and weeding season is wrapping up, with only a few more things to go in the ground like fall kale, scallions, perennials, lettuces, etc.

First beans and cukes! Yahoo! My aunt was here over the weekend, and she loves fresh beans. In honor of my family, we served our first ones up southern style: snap the tops, boil beans whole, drain, then sauté in butter and salt. Mmm! Or eat them raw, add to stir-fries, etc. The cukes have come on with gusto! We enjoy them on salads, cold soups, or even cooked. Yes, cooking cukes brings out their sweetness. The most basic way to cook them is to peel, seed, slice, and sauté in butter until tender. Also check out our website for over a dozen ideas. I'm making Greek tsatsiki this week!

Summer cabbage is here. I plan to make some into sauerkraut ASAP. The last sauerkraut that we made was right before we had the baby with the last of the winter's red cabbage. Crazy! Or try a cooling coleslaw with carrots and sweet onion. I also love cabbage in a stir-fry with onion and soy sauce. Cabbage can be a hard one for some to use so remember to check out our website for many, many ideas for yours.

Purslane? What? Unless you've been a CSA member with us before this unusual veggie will probably be new to you. It has lemony succulent leaves, a stalk that can be boiled, and is known for being super nutritious. Purslane was member-suggested a few years ago, and its mild taste is often a pleasant surprise for new eaters. Try both the leaves and boiled/chopped stalks eaten cold in salads and/or paired with cukes. There is a simple Turkish Yogurt with Purslane recipe on our website that I like, too.

Everybody get your rain dance on because we're going to need it to keep this bounty coming! See you next week!

Tomato, Cucumber and Purslane Salad

1-2 medium tomatoes, chopped
1-2 medium cucumbers, peeled and chopped
2-4 TBSL sweet onion, finely chopped
leaves from one bunch purslane, chopped

Combine above ingredients.

Dressing:

Whisk together below ingredients and pour over salad:
2 TBSL olive oil
2 teaspoons lemon Juice
salt, pepper, and/or fresh herb to taste