



## What's in your CSA farm share!

### **Red Ripe Tomatoes—**

Store at room temperature, NOT in plastic bag. Eat up quickly!

**Basil—**Store at room temperature in plastic bag for up to 1 week.

### **'Green Star' Green Leaf**

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

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

### **Summer**

**Squash/Zucchini—**Store in plastic bag in fridge for 1-2 weeks or at room temperature for short term.

### **Red, Yellow, Orange & Green Sweet Peppers—**

Store in fridge in plastic bag for 1-2 weeks.

**Radishes—**Store in fridge in plastic bag for one week. Greens are edible in salad or sautés! Can't stand the heat? Try stir-frying the roots to mellow them out!

**Carrots—**Store in fridge in plastic bag for 1-2 weeks. Remove greens for longer term storage.



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

Return  
your box  
next week

September 9, 2015—Summer pick-up 11 of 16

Dear Members,

Its hot! It has to be extreme for me to complain since I grew up for 18 years in Central Texas where summer days regularly reach 100 degrees. But, seriously, after weeks of 80's and 90's I'm ready for fall to come! And it will. Soon. It's Maine.

With the coming of September, we farmers have a new job description. We've literally planted and weeded our last veggies for 2015. Many crops have come and gone, and we are almost three quarters of the way through this year's summer CSA.

Besides bringing in the harvest for this week's shares, we've been busy getting the next "crop" in after the gone by veggies: cover crops. Mow, disc, seed, disc, wait for it to come up and grow. We use mixtures of grasses like oats and rye combined with legumes like peas and vetch to provide thick ground cover over the winter. The cover crops are just as important to us as our vegetable "cash crops." Though we don't get paid in cash to grow them, the prevention of erosion and the addition of organic matter and nitrogen pay us back the next season every time. Come late fall, if we see as much as possible of our five acres of tilled earth covered in lush green and growing cover crops, then that is a sure sign of success for us as organic farmers. So far we're on track this year ☺

We enjoyed an exciting weekend attending the wedding of our good friend and former part-time employee in 2012-2013, Jericho. Providing the seasonal veggies for the 100 guests that attended the wedding was a task we were excited to take on! And much of the wedding fare from Ripley Farm is also what's in your farm shares this week! They roasted our carrots and mixed summer squashes like yellow patty pan and green zucchinis. Very delicious and colorful! We also provided gobs of salad that included lettuce, chopped cukes, sweet peppers, and tomatoes, and grated carrots and radishes, topped off with a homemade salad dressing made with fresh herbs.

After waiting five months, we finally have ripe sweet peppers! These sweet fruits are the jewels of September on our farm, and we'll pick them every week from now until the frost bites. Our old standbys are green-to-red bell peppers and 'Carmens,' skinny, long, red Italian frying peppers. This year we've got a few new varieties that you might see in your shares including yellow, orange, and purple peppers. Look for them this week and in the coming weeks. I love peppers cut into strips and eaten raw with a dip, stir-fried with other veggies, roasted, made into a quiche (see recipe online) or cooked into a sauce as in the recipe below. Carmen says that she loves making a fresh tomato sauce and that with the addition of sweet peppers the flavor is amazing! Try it out and have a great week!

### **Tomato sauce with sweet peppers**

Tomatoes, chopped  
Summer squash, chopped  
Sweet peppers, chopped  
Onion, or green onion tops, chopped  
Basil, chopped  
Garlic, chopped (optional)  
Salt and pepper to taste

Sauté summer squash, sweet peppers, and onion in olive oil until softening, about 10 minutes. Add tomatoes, basil, and optional garlic. Simmer gently until veggies are cooked through. Puree. Season to taste and top pasta, mop up with bread, etc.