



What's in your CSA share:

- Lettuce
- Beets
- Carrots
- Cucumbers
- Summer Squash
- Tomatoes
- Garlic



Pick-your-own herbs and flowers:

- Fennel
- Thyme
- Sage
- Dill
- Winter savory
- Chives
- Garlic chives
- Basil
- Parsley
- Summer Savory
- Cosmos
- Black-Eyed Susan
- Zinnias
- Tithonia
- Coneflower
- Garden Phlox
- Heliopsis -Summer Sun
- Sunflowers
- Marigolds

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Dear Members,

Next weekend is MOFGA's Common Ground Fair, one of the biggest and oldest celebrations of organic agriculture in the country. We look forward to the Fair every year as a fun opportunity to see other farmers and friends, and to check out farm products from around the state. The farmers market at the Fair is huge with all kinds of different produce and meats and dairy. We stock up every year on apple cider and make a big batch of homemade apple cider vinegar to use all through the following year. It was a bad year for apples, so we're hoping that there will still be raw cider available by Sunday when we go! If you've never been to the Fair before it's worth a visit.

The Common Ground Fair is also a celebration of the season's harvest, falling right at the transition of summer into fall. Everyday we're seeing signs of that transition here on the farm. One such sign is that your shares this week contain the last of our summer squash, with our fall crop of winter squash soon to follow.

We have two recipes for you this week, both for easy soups, which is one of our favorite ways to eat vegetables.

Have a great week!

Beet Soup

- 1 bunch beets (roots only)
- 3 tbls butter
- 3 cups water
- Salt and pepper to taste
- 2 tbls chives, chopped (optional)
- Sour cream

Chop beets into 1/2" cubes. Heat butter over medium-low heat in a heavy-bottomed pot. Add beets and sauté gently for 30 minutes or until tender. Add water, bring to a boil, and simmer for 15 minutes. Puree, either with a handheld blender, or by allowing it to cool slightly before pureeing in a blender. Season to taste with salt and pepper. Serve garnished with optional chives and a dollop of sour cream. Serves 2-4.

Cream of Tomato Soup

2.5 lbs. tomatoes, peeled and seeded

¾ cup cream

Salt and pepper to taste

Chop tomatoes and heat them in a pot over medium-low heat until they reach a simmer. Stir in the cream, bring back to a simmer and season to taste with salt and pepper. Serves 4.