



What's in your CSA farm share!

Broccoli—Store in fridge in plastic bag for 1 week. Last week!

Buttercup Winter

Squash—Store at room temperature for up to 1-2 weeks. Roast at 375 until fork tender. Serve plain, stuffed, or souped.

Carrots—Store in fridge in plastic bag for 2 weeks.

Red & Green Bell and Sweet Italian Frying

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

Pac Choi (aka Bok

Choy)—Store in fridge in plastic bag for up to 1 week. Stir-fry me!

Tomatoes—Store at room temperature for up to 1 week. A mix of romas, saladettes, and slicers.

Frost Sweetened

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

Red Onion—Store at room temperature for 1-2 weeks. Can be used in any recipe that calls for onions.



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!

October 4, 2017—Summer pick-up 14 of 16

Dear Members,

Okay, that's more like it! We've officially had our first frost (Sunday morning) and second harder frost (Tuesday morning). It feels much more like fall on the farm! Ahead of the frosts, we picked off the ripe and semi-ripe peppers and tomatoes so that they are still with us this week and maybe even next week! With only two more Summer CSA farm shares to go that is a pretty good season on those summer favorites!

On the cold mornings, the crew cleaned up the red onions that have been curing for the past couple weeks in the hoop house. Yay! Here is our first taste of that crop. Thanks to the HOT September, the last of the "fall" broccoli is here this week. One trick that I use is to lightly steam the broccoli until tender crisp. Then I store in the fridge to pop into quick stir-fries later (think with onions, peppers, and pac choi). Easy!

Red peppers and tomatoes galore! Yes, that last heat wave sure did them some good and the CSA is reaping the rewards! I believe this to be our best ever pepper year despite them starting to ripen late. Sweet and delicious! If you have a buildup of red peppers, try roasting them, slipping off the skins and adding them to a soup like the one below or in Roasted Pepper and Tomato Soup (on website). Or you can simply core, seed, slice, and freeze your extras raw. Good in the winter! We had a seasonal gazpacho this weekend with tomatoes, peppers, onions, etc. topped with sour cream and avocado. Check out the recipe on the website. Definitely worth the effort!

The bulk fall harvests continue with more carrot beds harvested including yellows that make up our famous rainbow mix that we sell at the Maine Harvest Festival (Nov. 11 & 12) in Bangor. Bulky crops like kohlrabi and red cabbage are coming out of the field this week, too, filling up the pallet crates in our big walk-in cooler. Fall is here to stay, and we are getting in high gear to finish the season by the end of the month!

There are two more weeks of the Summer CSA left. Happy or sad? We are both. We love farming, but are happy that our ninth season at Ripley Farm is almost over. We're happy that we've had a good year filling the CSA farm share boxes up week after week. That is a good feeling, but it will be sad to say goodbye for the winter to our favorite customers, our CSA members! If you pickup on the farm and are interested in fall and winter produce from us, consider joining our Winter CSA farm share program. We have now opened up sign up for Winter 2017-18 and are excited to be able to take a few more members this year than in years past. We have info about it on our website: <http://www.ripleyorganicfarm.com/about-our-winter-csa>. We'd love to have you (and your friends)! Have a great week!

PS: Excuse my many soup recipes! I am just such a soup person and can't help it! ☺

My Basic Winter Squash Soup

Onion, any color, chopped
Butter or cooking oil
Garlic, optional
Hot pepper and/or cayenne and/or curry powder
Cooked squash flesh
Chicken broth to cover
coconut milk or cream

Sauté onion until tender, 8-10 min.
Add garlic, hot pepper/curry powder.
Stir 1 minute. Add squash and
chicken stock. Bring to a boil. Simmer
until vegetables are very soft, about
15 min. Add coconut milk and puree.
Add salt and pepper to taste. Yum!