



What's in your CSA farm share!

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

'Hakurei' Salad Turnips—Store in plastic bag in fridge for up to 1 week. Greens are also edible!

'Oregon Giant' Jumbo Snow Peas—DO NOT SHELL! Just snap the strings to prepare and eat whole. Store in plastic bag in fridge for up to 1 week.

Swiss Chard—Store in plastic bag in fridge for 1 week. Steam or sauté.

Broccoli—Store in plastic bag in fridge up to 1 week.

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

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

'Green' Garlic—Store in fridge 1-2 weeks. This fresh-harvested garlic is not cured and needs to be in the fridge. Use as you would regular garlic.

Basil—Store in plastic bag in fridge 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!

July 27, 2016—Summer pick-up 4 of 16

Dear Members,

This will be the fourth week that you'll be eating fresh veggies grown and harvested just for you from our organic farm. I believe it is high time that I put a little info in the newsletter about your farmers ☺

In 2016, Ripley Farm turns eight years old and up until now has been run almost entirely by myself and my husband Gene. Carmen Allen joined us as an assistant in 2015. Our first child, Harriet, was born this past March and I am taking this summer off to care for her. Sara Moody joined Carmen in June to take my place for the season.

In 2006 we apprenticed on a vegetable farm in Winterport, then moved onto leased land to start out on our own, and finally purchased the farm here in Dover-Foxcroft in 2009. Over the years, we've slowly built our organic vegetable business to support our family and now employees. Since beginning in 2011, our thriving Community Supported Agriculture (CSA) program continues to be a key to our success.

One of the main reasons people join our CSA is to know where and who their food comes from. What you might not realize is that we run our CSA to get to know the people eating the food we grow! It goes both ways, and I think this is why it works so well. Thank you for joining, and we love to hear how you are using your farm shares!

This weekend was our open farm day! Thanks to all of you who came out to the event! We were so excited to see how many people support local agriculture in rural Piscataquis County. If you pickup at an off-farm site remember that you can come to the farm any Wednesday 2-6pm to pick free flowers/herbs, tour the farm, and meet us!

Summer has truly begun on the farm at last! This week we picked our first summer squash and zukes. Yay! Summer squash is the first of the "summer crops" that reign our schedule from now until frost, with cukes, beans, tomatoes, and peppers coming soon. They all ripen so fast that we have to pick multiple times per week just to keep up! 'Summer squash' is a broad term that encompasses zucchini and all the types we grow are similar in taste and use in the kitchen. Over the course of the CSA, you'll see traditional green zucchini in your shares as well as yellow patty pans and a bi-colored one called 'Zephyr'. We literally eat summer squash sautéed in butter and topped with cheese every morning for breakfast from now until September when the frost zaps the plants. I'm sure there are other ways to eat it; we just never branch out. Just kidding! Check out our website for other glorious ways to use your squash.

With the garlic harvest imminent, we thought we'd give y'all a little early taste of the new crop before it is cured! Enjoy ☺ See you next week!

Chard and Summer Squash Frittata

2+ TBLS cooking oil
½ lb summer squash, thinly sliced
1 small onion, finely chopped
½ lb Swiss chard, finely chopped
1-2 garlic cloves, minced (to taste)
7-8 eggs
chopped basil
salt, pepper, grated cheese to taste

Sauté squash & onion in oil until softening 3-5 min. Add chard & garlic. Cover & cook on medium-low until wilted & tender. Cool & drain well. Whisk eggs, basil, cheese, salt, & pepper together. Add veggies & stir. Heat oiled skillet. Pour in egg mixture and cook 3-5 minutes. Place in 400* oven until cooked through.