



What's in your CSA farm share:

Carrots—Store in fridge in plastic bag for 1 week. Tops are edible, too!

'Concept' Summer Crisp Lettuce—Store in the fridge in a plastic bag for 1 week.

Beet Greens + Baby Beets—Store in the fridge for 1 week. All edible!

Dill—Store in fridge in a plastic bag for less than 1 week. Rinse well!

Summer Squash and Zucchini—Store in plastic bag in fridge for 1 week.

Kohlrabi—Store in plastic bag in fridge for 1+ week. Peel all the way to white interior. Roast them or eat them raw as sticks!

Cucumbers—Store in fridge in a plastic bag for 1 week.

Asian Eggplant—Store in the fridge in a plastic bag for 1 week.

Green and 'Dragon Tongue' Beans—Store in plastic bag in fridge for 1 week. Snap tops!

First Tomatoes—Store out of plastic bag at room temperature. Eat up!



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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Please
return
your box!

August 14, 2019—Summer CSA pick-up 7 of 16

Dear Members,

August usually is our “catch up” month. Besides harvesting for the Summer CSA, for you, we are busy tackling weedy areas with our hands (grrr!), finishing up planting for fall and winter (phew!), and managing the fields to be ready for fall cover cropping (satisfying). Mmmm, and with all this hard work to do, we're happy it has cooled down a bit from the brutal 90 degrees we were having! I'm sure you are, too!

Summer is here! The first tomatoes are in your farm shares today with more to come in the weeks ahead. Enjoy! We've also got our first small picking of some fun and interesting beans, called 'Dragon Tongue' beans! These are large beans with purple stripes that are particularly good and juicy eaten raw. They're also delicious cooked as you would a green bean. There should be more of these to come next week!

We've slogged through our summer beets (which have gotten weedy!) to bring you beet greens with baby beets on them! These are entirely edible! I love beet greens simply steamed with butter and vinegar. I also like to put them in a stir-fry with whatever veggies I have on hand. Or for a specific recipe, try the Easy Sautéed Beet Greens! As to the little beets on the ends, either toss them sliced thinly into your beet green dish or try them roasted in the medley recipe below. Mmmm!

Speaking of roasting... Have you ever roasted green beans? Snap the tops off, toss with olive oil, salt and pepper, and roast at 400 until so delicious you want to eat the whole tray right there! Roasting can be a great go-to for so many veggies in the CSA farm shares. As Sabrina says, “When in doubt, roast it!” Wise words!

How is the eggplant going? Have you found ways to use it? The texture of eggplant can be a little iffy for some, so here's some sage advice from a seasoned CSA member. “If you're a little put off by the squishy, rubbery texture, just “over cook it” and you'll love it!” she says. So that is advice for soups, or stir-fries, or try the CSA member favorite from last year, Eggplant, Summer Squash, and Green Bean Curry.

And hello kohlrabi again! This summer planting has done so well that we've got a few more for you! Remember how to deal with these alien looking things? Peel them well, all the way down to the white flesh and cut into sticks for raw eating or try the roasted recipe below. You won't be disappointed! Enjoy the veggies!

Roasted CSA Veggies with Dill Sauce

Cooking oil
carrots, chopped
baby beets, chopped
kohlrabi, peeled and chopped
eggplant, chopped
summer squash, chopped
green/dragon beans, chopped
salt and pepper to taste

Spread carrots, beets, kohlrabi on a baking tray. Toss with oil, salt,

pepper and roast at 400 for 15-20 mins. Add summer squash, eggplant, green beans and roast another 10-20 minutes more until everything is tender. Drizzle with one of the dill sauces below:

2 TBLS lemon juice
2TBLS dill, finely chopped
Salt and pepper to taste
Mix with EITHER:

½ cup sour cream + ¼ cup heavy cream
OR ¼ cup tahini + ¼ cup hot water