



What's in your CSA farm share!

Carrots—Store in fridge in plastic bag for 2-3 weeks.

Basil—Store in plastic bag in fridge for 1 week. Or at room temp for short term.

Fresh Red Onions—Store in plastic bag in fridge for 1 week. Entirely edible! Use tops like scallions.

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

'Green Star' Leaf

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

Summer

Squash/Zucchini—Store in fridge in plastic bag for 1-2 weeks.

Cherry/Saladette

Tomatoes—Store at room temperature for 1 week, remove from plastic bag.

Green Beans—Store in plastic bag in fridge for 1 week.

Beets and Beet Greens

Separate roots from greens. Store greens in plastic bag in fridge for 1 week. Roots in plastic bag in fridge for 2-3 weeks.



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!

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Dear Members,

People everywhere love talking about the weather. And I'm certainly not going to buck that trend, being a farmer whose living depends upon the whim of the weather. So, here it is! We've had a break in the heat, which slows down the crops and gives the picking crew needed respite. It now feels like August normally does, which is beautiful growing weather! Our first topped carrots harvest ran through the root washer on the new slab we poured this spring for the first time! Farmer Gene reports that it works! That means we'll be ready for fall harvests to start in about a month!

You are invited to this month's "Eat More Veg" class this Saturday August 18 at 2pm here at the farm. Learn to make sauerkraut and kimchi! We'll provide the veggies and you provide basic kitchen stuff and the muscles! It's free, kid friendly, and we'd love to see you here! <https://www.facebook.com/events/2130093300593281/>

Introducing tomatoes! Yes, summer truly begins on the farm with tomato season. Our first picking is here in your box this week. You probably don't need too much encouragement for them... I can tell you we've been relishing our first "official" salads of the season with lettuce, cukes, and tomatoes. Enjoy the first bites of summer!

Beets are new this week! Do you like beets? If you do, great! If you *think* you don't, hear me out. Beets are delicious, when prepared right. Our beets have converted former beet haters to beet lovers. So, I want you to go to our website and look at the recipes we have listed for beets. We have MANY options there to try.

Basic beet preparation includes boiling them whole or roasting them either whole or in chunks. Once you've got them cooked you can make a whole host of delicious things with them including various takes on beet salad: Basil, Beet, and Cucumber Salad with Feta, Beet Salad with Goat Cheese and Walnuts, Beet Salad with Cumin, Lime, and Fresh Herbs, ETC. Or try a soup: Hot Pink Chilled Soup (SO GOOD!) or Beet Soup with Horseradish and Cream. Or go traditional and make a Borscht. Or go wild and make Beet Hummus (YUM!) or even quick pickle your beets. Phew! How about that for some ideas?? Plus you can use the greens!

Farmer Gene reports that you have all three kinds of summer squash/zucchini in your box: green zukes, Zepher bi-colored summer squash, and patty pans (the yellow flying saucers). While you may note subtle flavor differences, you can use them all interchangeably in recipes. Here's a delicious recipe that CSA member Connie shared with the Facebook group recently. I made it and can vouch for it. The lime is a great touch! Have a great week!

Coconut Curry Summer Squash Soup

Cooking oil
1 onion, chopped
1 clove garlic, chopped
1 TSP curry powder, or to taste
1.5-2 pounds summer squash, chopped
1 qt.+ chicken, vegetable, etc. broth
Coconut milk, to taste
Juice of ½ lime, or to taste

Salt and pepper to taste
Basil, chopped, for garnish

Saute onion until translucent in oil. Add garlic, curry powder and summer squash, sauté 2 mins. Add broth and simmer until squash is tender. Puree. Add lime juice, salt, pepper, coconut milk, and check seasonings. Top with basil in each bowl.