



## What's in your CSA farm share!

### Red Ripe Tomatoes—

Store at room temperature, NOT in plastic bag. Eat up quickly!

### Italian Flat-Leaf

**Parsley**—Store in fridge in plastic bag for 1 week.

### 'Red Butter' Romaine

**Lettuce**—Store in plastic bag in fridge for up to 1-2 weeks.

**Cucumbers**—Store in plastic bag in fridge for up to 1-2 weeks.

### Summer

**Squash/Zucchini**—Store in plastic bag in fridge for 1-2 weeks or at room temperature for short term.

**Carrots**—Store in fridge in plastic bag for 2 weeks, removing greens if storing long term.

**Green Beans**—Store in fridge in plastic bag for 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

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Dear Members,

What a hot week! Just as spring is the season of leafy green vegetables, and fall is all about the root crops, summer means FRUIT even on a vegetable farm. Green beans, cucumbers, squash, and tomatoes are all the fruiting parts of their plants. In the late summer heat we're having right now these plants are all racing to reproduce by setting their fruits as fast as we can pick them. In 90 degree weather that's as often as every day, and our harvest of them sets a four part tempo to our lives and diet here at Ripley Farm; beans, cukes, zukes, tomatoes; beans, cukes, zukes, tomatoes.

The tomatoes are always the latest of the four to ripen and ours are just hitting full stride this week with all five varieties from our hoop house now in full production. We are more grateful than ever for these red ripe treats in this challenging growing season. The double whammy of a cold spring and summer and more disease than usual on the plants have made for the worst tomato year we've ever seen. At the Orono Farmers' Market there are only a small fraction of the literally thousands of pounds of tomatoes that usually dominate the market's dozen vegetable vendor's displays this time of year. Every week I return from market and tell Mary Margaret in disbelief, "there's still no tomatoes!" Not literally true, but do savor them while we have them.

Mary Margaret's dad was visiting this past weekend, and thanks to some extra hired help we were able to get off the farm and go camping at Baxter State Park Saturday night. We had a great time canoeing, swimming and generally relaxing on Sunday. A much needed short vacation at this busy time of year!

We fed her dad well on the farm's bounty: scrambled eggs with sautéed summer squash topped off with grated cheese, chopped tomatoes and fresh herbs; a 'clean-out-the-fridge' chicken soup (see recipe below) with summer squash, beans, and carrots with minced parsley on top; big salads with the beautiful romaine lettuce that's in this week's share and lots of tomatoes, cucumbers, carrots and herbs chopped over it; the 'Lebanese-style Green Beans' recipe from our website that we make multiple times per week during green bean and tomato season; cucumber and carrot sticks with the cream cheese dip recipe we gave earlier this season—August is certainly a time of abundance in Maine!!

The flat-leaf Italian parsley in your shares this week is one of our favorite herbs. Try it in a homemade tomato sauce or soup, on salads, in the recipe below, or on eggs.

Have a great week!

### 'Clean-out-the-fridge' Chicken Soup

2-4 TBLS butter  
3-4 cups chopped raw vegetables (summer squash, green beans, carrots, broccoli, onions, mushrooms, etc.)  
1-2 cups chopped pre-cooked chicken  
1 quart chicken stock  
Salt and pepper to taste  
Fresh herbs to garnish (parsley, dill, cilantro, etc.)

In a large, heavy-bottomed pot melt the butter. When hot, add vegetables and sweat them until slightly softened, but not browned. Add chicken, chicken stock, salt and pepper and bring to a boil. Turn down to a simmer and cook until vegetables are tender, about 15-20 min. Serve garnished with fresh herbs.