



## What's in your CSA farm share!

**Early Carrots**—Store in fridge in plastic bag for 1 week. Separate roots from tops for best storage. Greens are edible! Try carrot top pesto!

**Basil**—Store in plastic bag in fridge for up to 1 week. Or store at cool room temp. Too cold can make it get black.

### 'Hakurei' Salad

**Turnips**—Store in plastic bag in fridge for 1 week. Greens are edible, too!

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

### Green Summer Crisp

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

### Summer

**Squash/Zucchini**—Store in fridge in plastic bag for 1-2 weeks. All the kinds can be interchanged.

**Oriental Eggplant**—Store in fridge in plastic bag or room temp for 1 week. Eat up!

**Green Beans**—Store in plastic bag in fridge for 1 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!

August 1, 2018—Summer CSA pick-up 4 of 16

Dear Members,

The exciting news from the farm this week is... **Carrots!** If you've been with us a while you know how much we love carrots. August is the beginning of a long run of carrots for our customers, us personally, and for our workload. This week marks the first carrot harvest of the year. It also marks a HUGE carrot weeding week. A critically important weeding week. We have dozens of beds of carrots that badly need hand weeding. Yep, bending over and picking out each weed that could potentially crowd out the growing carrots. And we need to get it done now or they will be gone forever!

Whoa, that sounds drastic! Well, it's true. As long as we get the weeding done soon, carrots will be with us for good eating from now through the end of March. And this year, hopefully longer as we plan to pilot a small Spring CSA that will include our overwintered carrots. Here's to some fancy fingers for the crew!

Happy August! August comes in with new things like cucumbers, basil, and the largest bag of green beans we've ever given in the CSA! Wheee! We've been blessed with a very heavy planting of green beans and are happy to load you off with a "whole big pile of 'em" (2-year old Harriet speak). I put a couple of simple recipe ideas below.

Cucumbers have started coming out of our ears. It is always that way. We check our planting and there's nary a one harvestable one week. Then the next week, they're fully in at a maximum level. So, eat them every day: raw in salad or sliced with a dip. Or try making Refrigerator pickles or Lacto-fermented pickles, both of which I have multiple recipes for on our website's Vegetable Gallery. But, did you know you can also *cook* cukes? I'll just let that revelation settle in and discuss more in coming weeks!

Basil is my favorite herb. Is it yours, too? It is delicious made into our Basil Pesto. I'm also partial to basil paired with summer squash as in the Summer Squash with Basil and Garlic. Or in a frittata, of which there are several iterations on the website. Or use it in a homemade salad dressing like the Mediterranean one or the Dairy-Free Tahini one I've got listed. Can't go wrong with fresh basil, right?

How did your first foray into eggplant go? You've got another small installment today. Try eggplant quiche like Laura shared in the FB CSA group. I added her version to the website. Check it out! Or try grilling yours like our neighbors so kindly did for us last night! I know many of you regularly use your grills so I put that recipe on the website, too. Let us know how the eggplant goes down! Have a great week!

### Easy Delicious Green Beans, 2 ways

1 lb. green beans, tops snapped and chopped into 1" pieces  
1 TSP salt

Bring a large pot of salted water to a boil. Add green beans and simmer until desired tenderness, 4-8 minutes. Drain well. Proceed with your desired flavoring style. Serve hot or at room temperature.

South Indian-Style Green Beans: heat 1-2 TBLS oil in skillet, add below spices for 10 seconds, add cooked beans, stir to coat, and serve.  
½ TSP each cumin seeds, mustard seeds, sesame seeds, cayenne pepper to taste

Asian-Style Green Beans: add the following mixture to coat your hot cooked beans.  
1 TBLS soy sauce, ½ TSP toasted sesame oil, 1-2 TSP fresh ginger minced (or ¾ TSP dried ginger), toasted sesame seeds to garnish