



What's in your CSA farm share!

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

Pac Choi (aka Bok Choy)—Store in fridge for 1 week. Great in summer stir-fries or quick soups.

Tomatoes—Store at room temperature for up to 1 week.

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

Basil—Store in plastic bag in fridge for up to 1 week.

Fresh Yellow Onions—Store in plastic bag in fridge for 1 week. Entirely edible! Use the tops like green onions.

'Jericho' Romaine Lettuce—Store in plastic bag in fridge for 1 week.

Summer Squash/Zucchini—Store in fridge in plastic bag for 1 week. Mix of Patty Pans, Yellow/green summer squash, and green zucchini.

Carrots—Store in fridge in plastic bag for 2 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!

August 23, 2017—Summer pick-up 8 of 16

Dear Members,

People keep asking how the dry summer is affecting our farm. Answer: It is not. While the news reports that most of Maine is experiencing a shortfall of rain, we seem to be the exception! We have had a relatively wet summer, with most of the moisture coming in short bursts from thunderstorms. According to our local weather forecaster Ed Hummel of Garland, we are ahead on the year for rainfall. Thank goodness!

We welcome rain at just about any cost especially since last summer was extremely dry, to the point that some crops suffered. Many of our crops have benefited from the wetness this year including our weekly lettuces, cucumbers, beans, beets, and hopefully the fall crops awaiting harvest. Our soil drains well, and we have been able to keep up with our planting schedule. It is just the weeds that have gotten ahead of us, as the frequency of the rains allows the weeds to re-root before dying after cultivation.

Did you know that it is halfway through the CSA share and late August!? We celebrated the eclipse this week by harvesting our first onions of 2017. Your first taste of the crop are straight out of the ground without being cured. You can eat the whole bulb as you would an onion as well as the green top. Mince it into salad or soups or eggs, or whatever you would do with scallion tops. Enjoy this seasonal treat!

The red and yellow storage onion tops are starting to fall and we are talking about harvesting the crop maybe by the end of the month. The garlic is still drying down, and hopefully we'll have some of it for you in the farm shares soon! The second planting of summer squash has started cranking with the cukes on their way as well. Hopefully we'll have those great favorites for you into September if all goes well. Overwhelmed with zukes/squash? Try out this great recipe for making Zucchini Pizza Crust that a part-time employee shared with us (uses up more than one week's worth!): <http://www.myhumblekitchen.com/2013/09/best-zucchini-recipe-ever-zucchini-crust-pizza/>

I loved the zukes/summer squash I put in the freezer last year. Know how to freeze them? Slice ½ inch thick, blanch for 3 minutes, and freeze in bags. It is easy! Or grate and freeze raw to make zuke-based goodies in the winter. You won't regret it!

At Ripley Farm we love our carrots. Carrots every day for us! Besides on salads, raw as snacks, I am a huge soup person. And carrot soup is one of the best kinds around! If they are starting to build up for you, check out our recipe gallery for many, many delicious soup ideas for carrots. It is a great way to use up a couple of bags and get some good food into your family at the same time. Try it! I make one every week!

Sara's Summer Squash Pie/Frittata

2 medium summer squash, thinly sliced
½ to 1 onion diced
1-3 cloves garlic, minced
butter
basil, to taste, chopped
Salt and pepper to taste
3-8 eggs, beaten (less for "pie," more for "frittata")
grated cheese (parmesan or cheddar)

In an oven safe skillet, sauté the summer squash, onion, and garlic in butter until softened. Add basil and salt and pepper and sauté for 30 seconds. Make sure to add extra butter to skillet bottom and sides to prevent sticking. Add eggs. Top with cheese. Bake at 375 until set. Yum!