



What's in your CSA farm share!

Fresh Red Onion—

Entirely edible. Keep in fridge for up to 1 week. Use greens like you would scallions.

Basil—Store in plastic bag in fridge for up to 1 week. Be careful not to crush.

Green and Yellow Wax

Beans—Snap the ends to prepare. Store in plastic bag in fridge for up to 1 week.

Zucchini/Summer

Squash—Store in plastic bag in fridge for 1 week or out of the bag at room temperature for less time.

Green Leaf Lettuce—

Store in plastic bag in fridge for 1 week.

Cucumbers—Store in plastic bag in fridge for 1+ weeks. Try cooking these! (See website for many recipes)

Tomatoes—Store at room temperature for up to one week. Remove from plastic bag.

Georgian Fire Garlic—

Store at room temperature.



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 24, 2016—Summer pick-up 8 of 16

Dear Members,

Did you see our farm in the newspaper last week? We are honored to have been named the "Cooperators of the Year" by the Piscataquis County Soil and Water District! You all are invited to join us at the celebration here at the farm on Friday, September 9 at 10:30am. We will give a farm tour and there will be a lunch included. If you haven't been to the farm yet this year, this is a great opportunity to see it all! Contact the PCSWD for more info at: <http://www.piscataquisswcd.org/> or 564-2321.

We are already halfway through the Summer CSA season, and our bounty is in full swing here at the farm! The farm shares all seem to run together this time of year with beans, squash, cukes, and tomatoes dominating week after week. Is anyone complaining? I'm not! These are my favorite crops of all time. They're here in abundance for such a relatively short amount of time that we just eat, eat, eat every day until they're gone in a few weeks. Then it's until next August, my friends.

We had a friend here helping out on the farm this past week allowing us to "catch up" on the farm. Her company encouraged me to make some extra fun stuff with the CSA veggies that I might not have otherwise. One thing that we made was Zucchini Tahini Dip. Roasted zukes with lemon juice, tahini, garlic, salt.... It's easy and was a hit with all involved! I made a batch of Indian Style Red Lentils with Zucchini to go with rice which turned out very nicely as well. You can find those two recipes on our website. Our friend made a version of bruschetta, aka bread toasts topped with chopped tomatoes, basil, and garlic with olive oil. So fresh tasting and delicious!

When I find myself without lettuce, I make a salad with peeled and sliced cukes and chopped tomatoes topped with minced basil and an oil and vinegar dressing. It's an easy summer salad for hot days. Right now is the absolute peak on our cucumber crop with the first planting still going strong and the second planting starting to produce as well. Too many cukes for you to eat raw? Try cooking your peeled, seeded, and chopped cukes in a stir-fry for example with summer squash, onion, and garlic. Or try them baked and stuffed. Yes, I know that sounds weird, but they're definitely worth a try cooked! Find that recipe on our website along with many others for cukes.

Last week, I made Greek Tzatziki, another good way to use cucumbers. Details are on the website, but basically it is grated and salted cukes mixed with yogurt, herb, garlic, and lemon juice. Use it as a topping for grilled meats/veggies or as a dip. Yum!

Half of the onion crop is harvested and laid out in the greenhouse to cure. The other half, the red onions, are still in the field and you got one fresh this week! Enjoy a taste of our fall crop and don't forget to use the green tops, too! Have a great week!

Beans Lebanese-style

1 pound beans, snapped and cut in half
1 onion, chopped
2-4 tablespoons oil
1+/- clove garlic (to taste), minced
1 pound tomatoes, chopped
salt and pepper to taste
1/4 teaspoon ground allspice

Heat oil in skillet and add onion, sautéing until translucent. Add green beans and sauté until browning, about 5 to 10 minutes. Add the rest of the ingredients, bring to boil and simmer until desired tenderness, about 30 minutes.