



*What's in your
CSA share:*

- Lettuce
- Red Onions
- Cucumbers
- Summer Squash
- Tomatoes
- Green Beans



*Pick-your-own herbs
and flowers:*

- Fennel
- Thyme
- Sage
- Dill
- Winter savory
- Chives
- Garlic chives
- Basil
- Parsley
- Summer Savory
- Cosmos
- Bachelor's buttons
- Black-Eyed Susan
- Zinnias
- Tithonia
- Coneflower
- Garden Phlox
- Heliopsis -Summer Sun
- Sunflowers
- Marigolds

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Dear Members,

You've been getting a lot of cucumbers over the last several weeks, but have you ever tried eating them cooked? Well, you probably have, since canned pickles are an example of a cooked cucumber, but there is a surprising diversity of delicious ways to prepare cucumbers as a cooked vegetable. You'll find one classic and very easy recipe for sautéed cucumbers below, and there are endless variations you could try with lightly sautéed or braised cucumbers. They make a great accompaniment to fish, or try them with different dressings, or almost any fresh herb. The basics of cooking them are the same though; peel and seed them, cut them into ½" by ½" by 1" matchsticks, and cook them briefly and gently in butter.

We have cucumbers on our minds this week, because we're wholesaling 1000 pounds of them to Cheryl Wixson's Kitchen in Bangor this summer, and our plantings are right at peak production right now. Needless to say, we've been spending a lot of hours in our cucumber patch this week, picking! Cheryl Wixson's Kitchen is a great company that we're very happy to do business with. They buy local, Certified Organic produce and can it into pickles (that's what are cukes are destined to be), tomato sauces, jams, etc. for sale all winter through a CSA program similar to our fresh vegetable CSA. There's no fresher or better quality canned produce that you can buy. If you'd love to put up fresh veggies but just don't have the time, then check out their website: www.cherylwixsonskitchen.com.

We're double busy harvesting this week, because we're also wholesaling several hundred pounds of carrots to Crown of Maine Organic Cooperative (COMOC). They're a Maine-based distributor of organic produce and many other Maine products. We wholesale carrots to COMOC every season for distribution to natural foods stores, restaurants, and buying clubs throughout Maine.

You'll find one last week of fresh red onions in your share this week. This week marks the beginning of our onion crop harvest, in preparation for fall and winter sales. We pulled most of our storage onions a few days ago. We left them lying out in windrows in the field doing some initial curing before we bring them into our small hoophouse to finish drying and curing on racks. Onions filling the hoophouse are one of the first markers of the coming of fall and the changing seasons. Until recently our hoophouse was full with germinating seedlings for transplanting.

Have a good week!

Sautéed Cucumbers with Dill

- 2 medium cucumbers, peeled and seeded
- 1 tbs butter
- ¼ tsp salt
- 1 tbs fresh dill, minced (or substitute other fresh herb)
- Black pepper to taste
- Sour cream (optional)

Slice the cucumber into ½" by ½" by 1" matchsticks. Heat butter in a skillet over medium heat. Add cucumbers and salt and sauté, stirring frequently until cucumbers begin to soften, 4-8 minutes. Check to see that they're just tender not mushy. Remove from heat. Sprinkle with dill and black pepper. Serve hot topped with a spoonful of the optional sour cream.