



## What's in your CSA farm share!

### Green Beans and Yellow

**Wax Beans**—Store in fridge in plastic bag for 1 week.

**Beet Greens**—Store in fridge in plastic bag for 1 week. Wash well to remove grit before steaming or sautéing.

**Scallions (aka Green Onions)**—Store in fridge for 2 weeks. Entirely edible!

**Italian Parsley**—Store in plastic bag in fridge for up to 1 week. Use in salad dressing, on salads, soups, etc.

### 'Tatsoi' Summer

**Spinach (in a bag)**—Store in plastic bag in fridge for 1 week. Steam, sauté, or raw in salads!

### Green Summer Crisp

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

### Summer

**Squash/Zucchini**—Store in fridge in plastic bag for 1 week.

**Carrots**—Store in fridge in plastic bag for 1 week. Remove greens for longer storage.



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 2, 2017—Summer pick-up 5 of 16

Dear Members,

Happy August to everyone! August is a busy month at the farm. We are trying to finish up all of our weeding tasks at the same time as beginning to harvest almost every day of the week. Summer squash and beans now. Cukes coming soon. 80+ degrees makes that stuff grow fast!

Garlic harvest is scheduled to begin Thursday, and with our biggest crop ever we expect to haul in over 4000 bulbs. Here's what it looks like at Ripley Farm: Gene carefully hand forks to loosen each bulb. We pull them out, rub off dirt, and bring them down to the barns. There we tie them into bundles and hang them in our shed to dry. Hopefully we'll have it all done by the end of Friday. Wish us luck!

The arrival of August brings the summer crops. And this week's share is a peek into the rest of the month. The summer squash, especially the bi-colored 'Zephyr', is really cranking according to Farmer Gene. Zucchini and summer squash do have slight taste differences but are usually interchangeable in most recipes. We have so many great ones on the website. But I'm always open to more ideas (ahem!). Over the weekend, I made the member-suggested Cheesy Zucchini. And wow, a new favorite has been born! See below.

The first snap beans are here with gusto. Both green and yellow will give way to all green later in the month. Beans are great with their most basic preparation: simply snapped, steamed whole or chopped, and topped with butter, salt, pepper and maybe a fresh herb like parsley. Or try them dressed up in one of my favorite recipes ever, Green Beans Lebanese-style on the website. You can even eat them raw with a dip or just whole like our daughter likes them. Fresh and crunchy!

Many of you know that we used to go to the Orono Farmers Market for many years in the past. 'Tatsoi' Summer Spinach is an Asian green that became very popular with our customers there. Here is your first taste of it this season! Tender green leaves with mild flavor can be used just like spinach: raw in a salad, on sandwiches, or steamed or stir-fried. I think you'll love it!

How about that "scallion" this week? Biggest one you've ever seen? Definitely for us, so Farmer Gene didn't want to let them go to waste. Sarah Hall likes to use the scallion tops in her omelets in the morning. They are great chopped into a salad or minced over a plain creamy carrot soup. Or in a stir-fry!

Have a great week!

### Cheesy Zucchini (or Summer Squash)

2 lbs. summer squash, grated or spiralized  
¼ - 1 cup water  
1 tsp salt (or to taste)  
1 cup grated cheddar cheese (or to taste)  
2 TBLS milk  
1 TBLS butter

Put squash and water into skillet. Simmer until desired tenderness. Drain any extra water. Add rest of ingredients and mix together. Serve hot and eat it up. Leftovers are not as good. ☺