



What's in your CSA farm share:

Carrots—Store in fridge in plastic bag for 1 week. Separate roots from tops for best storage.

Italian Parsley—Store in plastic bag in fridge for 1 week.

Swiss Chard bunches—Store in plastic bag in fridge for 1 week.

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

'Magenta' 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 for 1 week or room temp for short term.

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

New Red Potatoes—Store at cool room temp away from light or in fridge.

Dill Heads—Store in plastic bag in fridge for 1 week. Pickles!



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 8, 2018—Summer CSA pick-up 5 of 16

Dear Members,

Sweltering in the hottest room in the house writing the newsletter, my brain is a little sluggish from the heat. I'm attempting relief with a chilled glass of Cucumber Infused Water. It's actually working and rather refreshing! (See that recipe under cukes.) That and I've trained one of the farm's box fans on me. Mmmm August...

The crops seem to love it! The cucumbers are out of control. Literally. We pick them every two days, and Gene reported that between Saturday and Monday they were already a little too big. Sheesh! Hard to keep up with 95 degree weather.

And early summer is IN here in this week's farm share. Summer crops like cukes, summer squash, beans, and eggplant are cranking. Plus you've got the very first new potatoes of the year! Fresh dug! Good things to do with red potatoes are roasting or steaming. Or make a cold potato salad meal all decked out a la my mother-in-law with crumbled bacon, hard-boiled eggs, nuts, herb (like parsley!) and other julienned veggies, etc. Plus a creamy dressing. Definitely worth the effort, in my opinion! ;)

Or pair your new potatoes with the Swiss chard in the Chard and New Potato Curry recipe. Mmmm good over rice. I will put another plug out there for my Chard and Summer Squash Frittata. Can't go wrong!

Are the cucumbers getting away from you? Try making quick pickles aka refrigerator pickles! They're easy and taste good quickly. My 2-year old can attest to that! She's obsessed. We have to say, "Okay, have some other food and then you can have another pickle..." Um, we can go through a lot of cucumbers that way. And you can, too! No canning necessary! Check the website for recipes and watch for my blog post about it on Friday! Yep, that's what the dill heads are for in the CSA this week! ;) (PS: This also applies to other veggies... think quick pickled Dilly Beans!?! Yes!)

Or try cooking your cukes! I promise, it is delicious! No, they're not mushy. And yes, in other countries particularly Asia, they regularly cook their cukes. I've got a few inspirations on the website including Simple Cucumber Soup or Baked Stuffed Cucumbers or Sauteed Cucumbers with Dill (use a minced dill head or sub. parsley??). If you're overloaded, try this trick. It turns them into a pleasantly mild vegetable!

Parsley is your fresh herb this week. Actually it is growing spectacularly fast this year. Some years parsley is a bit sluggish to come on, but not this year! Try it chopped into salads or salad dressings. Or to garnish a soup, like one of my seasonal favorites Zucchini and Garlic Soup on the website.

Lastly, try out this recipe that Assistant Farmer Andrea made for a recent farm crew potluck. She's Greek and it's one of her special recipes! Have a great week!

Courgette (aka Zucchini) Pie from Chania

Equal parts zucchini/Summer squash and potatoes, cut in fine round slices
Salt and pepper, to taste
Fresh mint/parsley, minced
Feta cheese
Olive oil + sesame seeds to garnish
Optional phyllo sheets to top

Oil casserole dish. Layer seasoned potatoes in the bottom. Top with feta cheese. Layer seasoned zuke/sum. squash next. Top with feta and herb. Place optional phyllo sheet on top. Drizzle with olive oil and sesame seeds. Bake (covered if not using phyllo) in oven at 350 degrees until all is tender, 1+ hour.