



What's in your CSA farm share:

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

Green Summer Crisp Lettuce—Store in the fridge in a plastic bag for 1 week.

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

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

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

Coloring-to-Red Sweet Bell/Italian Frying Peppers—Store in plastic bag or crisper drawer in fridge for 1 week. Or leave out at room temp 1-3 days to fully ripen to red.

Cherry Tomatoes, Saladette Tomatoes & Tomatoes—Store out of plastic bag at room temperature. Eat up!

Green Bell Peppers—Store in plastic bag or crisper drawer in fridge for 1 week.

Poblano Peppers—Store in plastic bag in fridge for 1 week. Mildly hot flesh.



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

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Please
return
your box!

September 11, 2019—Summer CSA pick-up 11 of 16

Dear Members,

Farmer Gene made up his fall harvest schedule that goes week by week through the end of October. We're going to be busy! Actually we already are, as item #1 was onion harvest for the end of last week. They're officially out of the ground and all laid out in the greenhouses to cure for winter. The red onions especially look good! Next up for the end of this week is harvesting our winter squash!

In other fall excitement, this is your first week of our fall broccoli. It looks great and with any luck we should have more for you next week. Yay!!! I know that I'm going to make mine into a Cream of Broccoli Soup. I've also got other fun seasonal ideas on the website for it, including the addicting Roasted Broccoli and Red Peppers.

Last week of green beans and cucumbers! Enjoy these last tastes of summer from our farm. I used my cucumbers last week to make another batch of Quick Pickles. And I plan to use my last green beans in my absolute favorite way to make them Lebanese Green Beans (which also uses tomatoes).

Peppers are ripening fast still, despite the chilly temps we've been having in September. They don't seem to care much! So you've got some Coloring-to-Red sweet peppers this week. Did you know that you can leave them out at room temp for a couple of days and they'll turn all the way red? Try it! In the coming weeks you'll see the traditional lobed Red Bell Peppers, as well as the even-more-sweet Italian Frying Peppers which are non-lobed, long skinny peppers with medium thick walls. They are delicious and a favorite of many a CSA member who tries them for the first time. Great used in all the same applications as red bell peppers... only tastier in my opinion!

Poblano peppers are new this week! These are the smaller non-lobed dark green peppers in your shares. They are traditionally used in Mexican food dishes as the keystone of "Chili Rellenos". Most typically they are roasted. To roast, lay them whole on a baking sheet and roast at 475 degrees or under the broiler until the skin is puffy and darkened. Flip over and do the same. Remove from the oven and lay a dish towel over them for a few minutes. Then peel the skins off and remove the seeds as best you can. Then you're ready to use them in the easy Stuffed Poblano Pepper recipe, below, my favorite Chili Relleno recipe on the website, or in a cream sauce, or in a soup, or added to Mac and Cheese as one CSA member loves to do. Or use them raw in salsa. The flesh is mildly hot, but definitely not overwhelmingly so. You can also seed them and freeze them in halves for stuffing later in the winter. Enjoy the veggies!

Stuffed Poblano Peppers

4 poblanos, roasted, peeled, seeded

Cooking oil

½ cup onions, diced

½ lb ground beef

½ cup carrot, grated

1 clove garlic, minced

8-10 cherry tomatoes, quartered

Cumin, salt, and pepper to taste

Grated cheese of choice, to taste

Pre-heat oven to 350. Heat oil in skillet over medium-high heat. Add onions. Sauté for 2 mins. Add beef. Cook until browned. Add remaining ingredients, except cheese. Saute for 3-5 mins. Stir in cheese, stuff mixture into poblanos, and bake for 20 mins.