



## *What's in your CSA farm share:*

**Broccoli**—Store in fridge in plastic bag for 1 week. Try using the peeled stems steamed or in slaw or sautéed!

**Carrots**—Store in fridge in plastic bag for 2 weeks.

**Green Bell and Coloring-to-Red Bell and Sweet Italian Frying Peppers**—Store in fridge in plastic bag for 1-2 weeks. Or leave your coloring peppers out at room temperature for a couple of days to fully turn red.

**Tomatoes**—Store at room temperature for up to 1 week. A mix of cherries, romas, saladettes, and slicers.

**Cucumbers**—Store in plastic bag in fridge for 1 week. May be the last week!

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

**'Tatsoi' Asian Summer Spinach**—Store in plastic bag in fridge for up to 1 week. Use it in your salads or stir-fries or steam it!



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!

Dear Members,

We went to the Orono farmers market this weekend. Nope, not as vegetable vendors as we did for seven seasons in the past, but as customers and visitors.

It was fun to stroll around on the other side of the tents, greeting the farmers we used to see every weekend. Now that we are primarily a CSA farm we miss out on the opportunity to "talk shop" with our colleagues at farmers markets. On Saturday, we learned that everyone else is still waiting for their peppers to ripen, too! The relatively cool summer has brought Central Maine farmers to mid-September with the red ones just starting to come. We are lucky that September has been mild so far as we hope to have a lot more color soon in the CSA farm shares. Here is your first taste of ripening peppers of 2017. Yippee!!

Broccoli! Yes, this is it. Thanks to over four inches of rain last week the first planting of fall broccoli is here with nice sized heads. I love broccoli in soup. That is my favorite way to use it. In fact, a creamy broccoli soup on a crisp fall evening is a common way to spend dinner at our house. Our one-year-old loves broccoli soup as well as steamed broccoli (believe it or not!). I also like broccoli in a quiche. Yum!

Every year we notice that the shortening days and the relatively cooler nights of September seem to slow some things down out there in the field. In August it is literally a race to keep the summer squash and cucumbers from getting out of hand. But come September, the plants, once-bursting at the seams, are now tired and sluggish producers. Depending on how things play out, this may be our last week of cukes, and we may or may not have summer squash again in the CSA shares at all. We hope you have enjoyed their abundance this year! We were happy with how well they did, and I know we will sure miss our daily ration of summer squash at breakfast time... But, take heart, I tell myself. We won't be without the "cucurbit" family in our lives for too long. Winter squash harvest is on the docket by the end of the month!

A farmers' market favorite again this week: 'Tatsoi' summer spinach. This baby leaf Asian green serves our farm well in the summer when it is difficult to grow true spinach. It is perfect for your salads with chopped lettuce or add it to a stir-fry at the very end as it quickly wilts down. New comers, let us know how you like it!

The warm days this week are making the fall harvest crew happy! Sunny and upper 70's is great weather to finish up cleaning garlic, continue harvesting and washing potatoes, and harvesting and curing onions. Think of your farmers as you enjoy this beautiful weather! Have a great week!

### **Italian Broccoli and Peppers**

- 1 large or 2 medium heads broccoli, cut into florets
- cooking oil
- 2 sweet peppers, green or red, julienned
- 1 clove garlic, minced or to taste
- salt and pepper to taste
- 1-2 TBLS fresh oregano, minced or 1 tsp dried
- 1 cup chopped tomatoes
- Parmesan cheese, grated to taste

Blanch broccoli for 3 minutes. Drain, cool, set aside. Heat oil in skillet on medium-high. Add peppers. Sauté 3-5 min. Add broccoli, garlic, s&p, oregano, and tomato. Sauté 3-5 min. Serve hot and top with parmesan cheese. Great over pasta or as a side dish!