



What's in your CSA farm share!

Red Ripe Tomatoes—

Store at room temperature, NOT in plastic bag. Eat up quickly!

Lettuce—Store in plastic bag in fridge for up to 1 week.

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

Summer

Squash/Zucchini—Store in plastic bag in fridge for 1-2 weeks or at room temperature for short term.

Red, Yellow, Orange, Purple & Green Sweet Peppers—Store in fridge in plastic bag for 1-2 weeks.

Fennel Bulbs & Fronds—Store in fridge in plastic bag for 1-2 weeks. Both bulbs and feathery fronds are edible.

Carrots—Store in fridge in plastic bag for 1-2 weeks. Remove greens for longer term 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

September 16, 2015—Summer pick-up 12 of 16

Dear Members,

September 16th to-do list: race around the farm harvesting every frost-sensitive vegetable we can ahead of tonight's killing frost. Peppers, tomatoes, cucumbers, green beans, summer squash, we've got to save them all....

No, wait a minute! That was last year. What a difference a year makes! As we sweat our way through another day of mid-80's September weather we keep thinking back to previous years. This marks the very first year that we've farmed in Dover and have not received at least a light frost during this week of September.

Despite the unusually warm temperatures, however, the heat-loving summer crops are still slowing down their production just like the trees' leaves, which are beginning to change color heedless of the warmth. Meanwhile, our fall crops are coming on strong and a little earlier than usual due to the heat. Our fall broccoli is all in at once this week with a generous amount in your boxes. Also you'll find fennel making an appearance this week in your share.

Fennel! We love this crisp, sweet, anise-flavored bulb and it's feathery fronds. Try the bulbs thinly sliced into salads raw, often combined with fruit including the classic fennel and orange salad or as in the 'Fennel, Apple and Pecan Salad' recipe on our website. It's also excellent cooked. Carmen likes to add it to stir fries where it pairs especially well with sweet peppers, as in the recipe below, as well as with summer squash, and tomatoes. Fennel bulbs are also delicious cut lengthwise into ¼" slices and baked at 400 degrees with heavy and sour cream and parmesan cheese after first browning for five minutes in butter on the stovetop. Yum! It's also great in tomato-based soups, including as an addition to a minestrone soup, using fronds as a garnish.

Your pepper selection gets even more colorful this week with the addition of purple peppers! These are a sweet bell pepper that are purple in the 'green' or unripe stage, and which eventually ripen to red. All the sweet peppers are great in salads or stir-fried. Peppers are also terrific grilled or roasted. Throw some zucchini or summer squash on the grill or in the oven with them. Roasted peppers pair well with Italian sausage or beef. Think hero sandwiches, beef fajitas, Philly cheesesteaks....

We're making cream of broccoli soup with our broccoli this week, one of our very favorites. We've got several recipes for broccoli on our website, including the popular 'Asian Broccoli Salad'. I also love the 'Broccoli with Spicy Peanut Sauce' recipe from our website, and of course you can simply steam it and serve with butter. Enjoy, and have a good week!

Sautéed Fennel and Red Pepper

Cooking oil
1-2 Fennel bulbs, thinly sliced crosswise
1-2 red peppers, seeded and thinly sliced
½-1 cup cream
Salt and pepper to taste

Heat oil in skillet on medium heat. Add fennel and sauté gently for 5 minutes. Add peppers and continue to sauté, stirring until tender, about 20 min. Add cream and boil down until thickened. Season to taste.