



## What's in your CSA farm share!

**Yellow Onions**—Store at room temperature for 1-2 weeks.

**'Tin Tin' Mini Romaine Lettuce**—Store in plastic bag in fridge for up to 1 week.

**Beets**—Store in plastic bag in fridge for 2-3 weeks.

**Buttercup Winter Squash**—Store at room temperature for 2-3 weeks.

**Sweet Peppers**—Store in fridge in plastic bag for 1-2 weeks.

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

**'German Red' Garlic**—Store at room temperature for 2-3 weeks.

**Swiss Chard**—Store in the fridge in plastic bag for 1 week. Keep leaves covered or they will wilt.

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

**Red Potatoes**—Store in fridge or in the dark at cool room temperature for 2-3 weeks.



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

Return  
your box  
next week

September 30, 2015—Summer pick-up 14 of 16

Dear Members,

Rain! After the driest summer we've ever farmed in, today seems to be trying to catch us up all at once. Our forecast is saying rainfall of up to six inches, making for a very, very wet CSA pickup day. The farm is ready for that rain, though! On Monday, we scattered winter rye cover crop seed on one acre of our gone-by crop fields. Today's rain will guarantee that it comes up as a nice thick stand of lush grass to cover our soil over the winter and help build our fertility for next year's vegetable crops.

After months of work, we completed the final details on our new walk-in cooler this weekend, flipped the switch and watched the temperature of the room creep down, down, down to 41 degrees! We've already wheeled the first crates of fall storage vegetables into it, and are so excited to fill it up over the next few weeks with our organic vegetables for fall and winter sales to our Winter CSA and for pre-orders!

And NEW this year: you can help us with part of the harvest! Two weeks from now on the final Summer CSA pickup day of Wednesday, October 14 starting at 3:30 PM we're inviting our CSA members to join us in harvesting a bed of carrots that we've grown for donation to local food pantries this fall. Come on out to the farm and get your hands dirty! Experience a taste of our fall work in the company of your farmers and fellow CSA members while helping us donate to a good cause. Wear outdoor work clothes appropriate to the weather, gloves, and remember you will get muddy! All are welcome, and we will get this done rain or shine!

Our first fall beets are in your CSA shares this week. One of our favorite ways to eat this sweetest of root vegetables is to boil them whole, slip the coarse skins off when cool, chop up the beets and make a cold salad with minced dill, oil and vinegar dressing, and sometimes some chopped nuts and/or cheese. Or try them roasted or grated raw in a salad. Not sure about beets? Grew up on the canned variety and hated them? We have many, many delicious recipes for beets on our website, so check it out! You might just fall in love with the FRESH version! The dill in your share also goes great minced into mashed potatoes, strewn over the top of boiled buttered potatoes; in a potato salad...they're a perfect pair! Or make a creamy dill salad dressing to go over the top of the final head lettuce of the season, which is in this week's share.

Buttercup squash is a favorite of ours with its excellent flavor and dry flesh. Roast it cut in half and face down in a half inch of water in a baking dish at 375 until the flesh is tender enough to easily pierce all the way through with a fork. It's also a great squash for stuffing and roasting face up. Check out a recipe for this on our website.

We cooked Swiss chard this weekend the way Mary Margaret's mom likes it in the recipe below. It's delicious! Have a great week!

### Mary Jo's Garlic Sautéed Swiss Chard

2 TBLS cooking oil  
1 head of garlic, peeled and chopped  
½-1 onion, chopped  
1 bunch of Swiss chard, torn into pieces  
salt to taste  
dash of vinegar

Heat oil on medium. Sauté onion until soft, about 10 min. Add chard, garlic, & salt. Sauté gently, covered, adding a little water if necessary, until very tender, 15-20 min. Serve with vinegar.