



What's in your CSA farm share?

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

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

Basil—Store in plastic bag in fridge or at cool room temp. for up to 1 week.

Summer Squash and Zucchini—Store in plastic bag in fridge for 1 week.

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

Green Cabbage—Store in the fridge for 2+ weeks. Cover cut edge with plastic to prevent from drying out if you don't use it all in one go.

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

Sweet Peppers, both green and coloring to red—Store in plastic bag or crisper drawer in fridge for 1 week.

Shishito Peppers—Store in plastic bag in fridge for 1 week. Stir-fry alone or with other veggies!



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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Please
return
your box!

September 4, 2019—Summer CSA pick-up 10 of 16

Dear Members,

Happy September! Fall is in the air, the days and nights cooler. Now we must once again close the greenhouses at night to keep the tomatoes warmer. We watch the weather carefully for possible frost. Not here yet, but on our minds constantly now.

Brassicas (aka the cabbage, broccoli, etc. family) are a theme of September. They love the cooler temps and all the rain we've gotten this summer. Our first fall cabbage harvest is in your shares this week. It's top notch, beautiful! For our annual camping trip to Baxter State Park last weekend, I prepped a couple of our favorite cabbage-filled dishes (which also coincidentally have carrots!): Egg Roll in a Bowl and Lemony Coleslaw. They both worked out great for the trip! Also try throwing your cabbage into a mixed veggie stir-fry or an 'everything' soup with farm share veggies.

Due to less daylight and cooler temps, the summer squash and cucumbers are slowing down and soon will be gone for the season. Not this week though! The beans have decided to take a break from sizing up, and hopefully they'll be back again next week. The peppers and tomatoes are undaunted by the change in season, for now. They're like an ocean wave, getting to a certain point-of-no-return, ripening no matter what. That is until getting zapped at 32 degrees. So true for the cherry tomatoes! Wow are they cranking right now... Enjoy the summery sweetness!

Late summer is a great time for gazpacho! I've got a new recipe for it that includes tomatoes, peppers, cucumbers, and basil that I'll add to the website for you. ☺

Speaking of basil, have you tried basil in a salad dressing? If you want to wow friends and family with a recipe that everyone will be asking for, try the Lemon Basil Vinaigrette recipe that a CSA member shared with us. It's on the website under 'Basil'!

Do you have a spiralizer yet? I broke down and got one last month and have been using it a ton! A go-to that I've been making with the summer squash/zucchini is "zoodles" with cherry tomatoes and pesto. So so so tasty and healthy! I also used my ration of cucumbers last week in a unique-tasting Sesame Cucumber Noodle Salad. Check that new one out if you've got a spiralizer. It's so easy and good!

Your new peppers this week are called 'Shishito Peppers' and they're a favorite of Assistant Manager Robert. They're a thin-walled, green-ripening-to-red sweet pepper that is typically eaten in the green stage, as you have today. But I'll warn you that approximately 1 in 20 might display some mild heat in the seeds. I've already got Robert's favorite way to cook them on the website under 'Shishito Peppers', and I'm also including a new way that we tried for lunch yesterday. The whole crew tried them and they were approved! You can cook them with or without the seeds, whole or chopped, alone or mixed into a stir-fry. Roast or grill too. Try it! They're trendy! ☺

Enjoy the veggies!

Shishito Pepper Snacks

Cooking oil
Shishito peppers, whole
Salt to taste
Lemon juice, to taste (optional)

Heat skillet on medium. Add peppers. Stir frequently until blistered all over, approx 15 min. Toss with salt and lemon juice, if using. Eat hot, everything except the stem end. Yum!