



## What's in your CSA farm share!

**Red Russian Kale**—Store in plastic bag in fridge for 1 week. Remove and discard tough inner midribs before eating. Make sure to cover all of the leaves to prevent wilting.

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

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

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

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

**Cherry/Saladette + Slicing Tomatoes**—Store at room temperature for 1 week. Remove from plastic bag to reduce moisture on the fruits.

**Green & Coloring-to-Red Sweet Bell Peppers**—Store in the crisper drawer in fridge for 1 week.



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 5, 2018—Summer CSA pick-up 9 of 16

Dear Members,

In August we're "sittin' pretty" without a care about the low temps. When September arrives, the threat of frost creeps into our minds. We obsessively watch the low temperatures on the forecast. We pay close attention to the cloud cover at night. Yes, we've had a warm early September, but starting now we're always on our toes.

Farmer Gene made up his infamous "annual fall harvest plan," aka our harvest goals for each week from here on through November. And this week's harvest goal already got checked off the list! All of our storage onions are harvested and laid out to cure (aka dry down) in our hoopouses. Looks like one of our best crops ever in terms of bulb size, and we're hoping for some lower humidity to ensure proper curing so that they'll last deep into the winter for our Winter CSA. I'm sure everyone else is hoping for the same just for personal comfort levels! ;)

Despite the internal conversations going on in the heads of the farmers, summer on the farm just rages on around us not worrying about the chance of frost, that's for sure. We are at absolute peak week for most of the summer crops including cukes, summer squash, green beans, and tomatoes! Wahoo! Fall should be here soon, but today we celebrate summer excess with smiles all around!

Tomatoes are truly in FULL EFFECT. In fact, you've got BONUS tomatoes this week, says Farmer Gene! I've been making Roasted Tomato Soup with Pesto, practically every day! The peppers are starting to show their true colors! Did you know that if your pepper is starting to turn from green to red (yes, that is how they do it), you can leave it out at room temperature for 1-3 days and it will ripen right up? Try it! With my green pepper, I'm planning to make Picnic Cucumber Salad. And with my red, I'm making me a good Summer Squash Casserole. My mantra=Summer Must Be Savored!

After a hiatus, kale is back as our first taste of fall! In fact the humble kale heads up a steady stream of its family members, the "fall brassicas"! Do you know what brassica means? It's the vegetable family of which kale is a member along with cabbage, broccoli, cauliflower, turnips, and more! And fall is the best time for these crops so we're looking forward to more! Are you happy about seeing kale again? Hope so! If not, please remember to check out our Vegetable Gallery for ideas...Portuguese Kale Soup anyone?! Or use it with some of your tomatoes to make the frittata below.

To celebrate the fall harvest, join us at our next free class on Sat., Sept. 15 at 2pm for Roasted Fall Veggies + Feta Cheese held out our co-host's Turning Page Farm in Monson! Details here: <https://www.facebook.com/events/355794484962420/> Have a great week!

### Kale and Tomato Frittata

2 TBLS oil or butter  
½ bunch kale, midribs removed + shredded  
2 cups tomatoes, chopped finely  
10 eggs, beaten  
Salt and pepper, to taste  
Dash of milk  
1/3 cup parmesan cheese, grated

Fresh herb like basil, parsley, etc, optional

Heat oil in a skillet on medium. Add kale and sauté until wilted. Mix eggs, seasonings, cheese, milk together. Add tomatoes to skillet then pour over egg mixture. Cook on medium, covered, until beginning to set. Then put under broiler until done, 1-2 min.