



What's in your CSA farm share!

Kale—Store in fridge in plastic bag for 1 week. Discard inner midribs.

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

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

Onions—Store at room temperature for 1 week.

Tomatoes—Store at room temp. for up to 1 week.

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

German Extra Hardy Garlic—Store at room temperature for up to 2 weeks.

Red Leaf Lettuce—Store in plastic bag in fridge for 1 week.

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

Fresh Oregano—Store in dry plastic bag in fridge or hang to dry.

'Sitara' Hot Pepper—Store in fridge in plastic bag for 2 weeks. Long, skinny, green, medium hot.



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 6, 2017—Summer pick-up 10 of 16

Dear Members,

Stop! Open your bag of veggies and find your garlic, onion(s), fresh oregano bunch, and hot pepper. Place your garlic and onion on the counter. Either find a dry plastic bag for your oregano and store it in the fridge OR hang the bundle to dry and use later (or some of both!). Next, identify your hot pepper. It is the long, skinny green one as opposed to the blocky green bell peppers you also have. If you come back to me complaining about soggy garlic or onions, mashed oregano, or a burned tongue from mixing up your hot pepper with your sweet pepper, then I will know you don't read the newsletter! Haha!

No really. The big liner bag is new this year, a change from how we've packaged the CSA shares in the past. There are pros and cons to it of course. The pro is that you can pick it all up and know that you haven't forgotten the little garlic in the bottom of the box. The con is that if you don't pay attention, the garlic and/or onion could get wet from the other damp produce inside. You have been warned!! ☺

Now that we have that past us, we are very much relieved that we did not get a frost on last Friday night! The forecast was for into the thirties and we were pretty nervous... But, somehow the warmer air came over our farm to keep stuff safe. It would have been two weeks earlier than normal and would have knocked out the favorite seasonal heavy hitters like tomatoes, peppers, cukes, and summer squash. So everyone join me in celebrating another week of summer from Ripley Farm.

Speaking of tomatoes, we are happy to still be limping along our crop and giving a bag of tomatoes every week, albeit less than some years. But I always like to look on the bright side, and I've found one! Less tomatoes makes room for other fun items in the summer like beets and turnips last week, and kale, oregano, and hot peppers this week! Diversity is what the Summer CSA is all about at our farm, so we are pleased to keep as much stuff as we can coming your way. Thanks for your understanding!

Green peppers again! We had the stir-fry below last night with beans and rice. Yum! It would also be good with fajitas! Try stuffing your green peppers, grilling them, putting them on pizza, or sliced raw with dip or chunks in salad. Scared of the hot pepper?? Try it in a homemade salsa or a stir-fry or even mince and freeze for later!

Fresh oregano is a first ever in the CSA! What do you think? It is great on homemade pizza, in a homemade salad dressing, on a pork roast, with pasta, and if all else fails hang it to dry! Or a Ripley favorite is to combine melted butter, lemon juice, oregano, minced garlic, soy sauce (or salt), and pepper all to taste and bake with chicken pieces. Quick and easy! Have a great week!

Mexican-inspired Green Pepper Stir-fry

Cooking oil

1 small onion, chopped or sliced

2 green peppers, cored, seeded and sliced

1 medium zucchini/summer squash, sliced thinly

1-2 TBLS fresh oregano, minced

fresh hot pepper, minced to taste

1 clove garlic, minced or to taste

½-1 tsp ground cumin, to taste

Salt and pepper to taste

Heat oil in skillet on medium-high.

Add onions, peppers, and zukes. Stir-fry 5-10 min, until desired tenderness.

Add spices to taste. Stir 1-2 more min.