



What's in your CSA farm share:

Romaine Lettuce—Store in plastic bag in fridge for 1 week.

Saladette Tomatoes—Store out of plastic bag at room temp. and eat up quickly!

Sweet Red & Yellow Peppers (and coloring-to-red/yellow peppers)—Store in crisper drawer (or plastic bag) in fridge for 1+ weeks. Leave the half red/yellow peppers out for a couple of days to ripen to fully red/yellow.

Buttercup Winter Squash—Store out of plastic bag at cool room temperature for 2+ weeks.

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

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

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

Arugula—Store in plastic bag in fridge for 1 week. Great raw in salads!

Tomatillos—Store in plastic bag in fridge for 1-2 weeks. Remove and discard husks and the fruit inside is edible.



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

Thank you
for your
support!

October 7, 2020—Summer CSA pick-up 15 of 16

Dear Members,

We got rain last week and the two acres of cover crop that Gene put down will likely come up! Yay! Fall harvests are in full swing now that it is October. Beets are out of the ground, cured red onions are being topped, and the end of this week the crew will tackle potatoes. Fingers crossed for there to be something under there...!

Can you believe we've made it to the second to last week of Summer CSA?? It's been a crazy summer, definitely the most challenging season we've had at Ripley Farm since our first season in 2009. But we're making it to the end (almost) and we are proud that there have been full CSA shares every week! Including this week!

Buttercup squash is a New England favorite for its sweet dry flesh and attractive dark exterior. Buttercups are best roasted: cut it in half lengthwise, scoop out the seeds, place face down on a baking sheet and roast at 400 until tender, approximately 45 minutes. Then top with butter and maple syrup. Leftovers can go into soup or be made into a mash or frozen for later use. I have a surprising number of recipes for buttercup squash on our website including two different variations of stuffed buttercup as well as five different buttercup squash soup recipes. Enjoy!

It seems like we've had an Indian Summer after the hard frosts in the middle of September, so our peppers and tomatoes are hanging on one more week. Though this is possibly a record year for number of weeks with tomatoes in the Summer CSA, likely this is the end of them, so savor!

Arugula is new this week. It is a bright green leafy veggie that has a distinct peppery flavor that goes wonderfully in salads with your lettuce and spinach. You can also make pesto out of it, which goes great on pizza, see recipe on website.

And saving the best for last, we finally are able to bring you tomatillos! These relatives of tomatoes are green (some with a purple tint), firm, sweet and sour, and quite dry when eaten raw. They are the basis for "green sauce" aka "salsa verde" in Mexican cooking and are used raw or cooked. See below for a raw salsa verde recipe (also using cilantro) that was a big hit last year. Also, to make a cooked version, check out my (inauthentic, haha) recipe for "Roasted Salsa Verde" on the website. It's easy!

Cilantro is new this week and hopefully you'll give it a try! One of my very favorite ways to use it is in our Carrot and Cilantro Soup (recipe on website). Or make pesto or see several other recipes on our site. Enjoy the veggies! See you next week!

Green Salsa with Avocado

2 cloves garlic, chopped
2 TBLS onion, chopped
1 jalapeno chili, chopped with or
without seeds or cayenne flakes
to taste (optional)
1 pint tomatillos, husks removed
½ cup cilantro, chopped (optional)
1 avocado, diced
Salt to taste

Put garlic, onions, jalapeno and one tomatillo into a food processor and pulse until smooth. Add rest of tomatillos and optional cilantro and pulse briefly until coarsely chopped. Pour into a bowl, gently stir in avocado and salt to taste. Try as a dip for chips, on tacos, or over eggs, fish or chicken!