



What's in your CSA farm share!

Fresh Carrot Bunches—

Store in plastic bag in fridge for 1 week. Store edible greens separately for best keeping.

Arugula Bunches—Store in plastic bag in fridge for 1 week. Very tender, use up quickly!

Red Summer Crisp

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

Green Swiss Chard (in a bag)—Store in plastic bag in fridge for 1 week.

Cucumbers—Store in plastic bag or crisper drawer in fridge for 1 week.

Fresh Beet Bunches—

Store in plastic bag in fridge for 1-2 weeks. Store edible greens separately for best keeping.

Garlic Scapes—Store in plastic bag in fridge for 2+ weeks. Entirely edible, use like garlic!

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

**Summer Squash/
Zucchini—**Store in plastic bag 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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Thank you
for your
support!

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Dear Members,

The farm is really starting to burst at the seams! And good timing, too, because this Sunday, July 28 from 12 noon to 3pm is our annual Open Farm Day where you are invited to experience where your food comes from! Get a tour of the crops, animals, pick-your-own flowers and herbs, and meet your farmers. The weather is supposed to be good! And please join us from 3-4pm for my 'Starting with Sourdough' class!

We shifted gears with this week's harvests, as is reflected in this week's CSA share. All of a sudden the summer squash, cucumbers, and green beans are here! These are some of the most popular crops we grow, so we are just as excited as you are! The cukes will be used in short order at our house in salads as well as in quick pickles (check recipe on website). We're out of pickles from last year so as soon as extras come down to the house my older daughter is going to spearhead the effort.

Can't beat fresh beans! We love them steamed with butter and a fresh herb sprinkled on top. Or try them blistered, pickled, roasted, in a cold salad... so many options abound. And summer squash/zucchini! Oh, my favorite of favorites! Do you know that they are interchangeable in recipes? My go-to is to slice them thinly, quickly sauté them in butter and top with cheese of some kind (parmesan, goat chevre, feta, whatever you have works!) I also really like them in soup, like chicken soup or even as a feature veggie in a vegetarian soup, my favorite of which is probably the Coconut Curry Summer Squash Soup recipe on the website. If none of these suit you perfectly, I have dozens of other ideas under Zucchini and Summer Squash on our website.

Fresh carrot and beet bunches are here as well. And you won't beat these for flavor and freshness! Don't forget that the greens on the carrots and beets are edible! Carrot Top Pesto (recipe on the website) is a good way to use those up. And beet greens aren't new for you, but if you're still looking for ways to use them, try them sautéed for breakfast with eggs. So, so good and healthy, too!

Arugula is new this week! Small bunches for the skeptics out there. Try your arugula chopped and mixed into your lettuce in salad with this homemade dressing: ½ cup olive oil, ¼ cup balsamic vinegar, 1 TBLS maple syrup, 1 minced garlic scape, ½ tsp Dijon mustard, salt to taste. Or get fancy and make the Arugula, Beet and Chickpea salad on the website. Enjoy the veggies and we'll see you next week!

Zucchini Parmesan

1 ½ - 2 lbs zucchini/summer squash,
sliced into ¼" rounds
Salt and pepper to taste
4 TBLS olive oil, divided
1 cup breadcrumbs
1 ¼ cup Parmesan cheese, grated
2-3 cups of your favorite tomato sauce

Toss squash with salt, pepper, and 2

TBLS oil on sheet pan(s). Roast at 450 for 10 min, remove from oven, reduce temp to 400. Mix breadcrumbs, 2 TBLS olive oil, 1/3 cup Parmesan, ½ tsp salt, pepper to taste. Layer ingredients into 9" pie plate or casserole dish in this order; tomato sauce, Parmesan, squash, repeating for three layers and finishing with a little sauce and cheese topped with the breadcrumb mix. Bake for 25 min. Cool for 10 min and serve.