



*What's in your  
CSA share:*

- Lettuce
- Scallions (green onions)
- New Potatoes
- Zucchini
- Radishes
- Carrots
- Swiss Chard
- Mesclun mix (salad mix)



*Pick-your-own herbs  
and flowers:*

- Thyme
- Sage
- Dill
- Winter savory
- Chives
- Garlic chives
- Basil
- Calendula
- Bachelor's buttons
- Daisies
- Zinnias
- Bee Balm
- Coneflower
- Coreopsis
- Heliopsis -Summer Sun

**RIPLEY FARM**

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Dear Members,

“What’s all that white stuff in the field?” farm visitors often ask us. As a Certified Organic farm, we rely on floating row cover, rather than pesticides, to protect many of our crops from insect pests. This is a spun fabric that we cover entire beds with, allowing rain and sunlight through but blocking out insects. It works great on squash and cucumbers that can suffer from insect damage without protection. When these crops start flowering we remove the row cover to allow pollination so that we’ll get fruits. This also is the time to get into the beds and thoroughly weed them before the vines get too large and sprawling. All this hot weather last week gave us the perfect opportunity to uncover, weed, and watch our winter squash wander.

There are new potatoes in your share this week. This year we’re growing a red-skinned variety called Sangre; let us know what you think of it! New potatoes are the gourmet treat of the potato year. They are dug early while still small, thin skinned, and tender. They are at their best cooked whole, either steamed or roasted. Serve them plain and simple to savor their flavor, with just some butter or olive oil and fresh herbs.

Another sign that the season is progressing is that this is the last week of scallions for the season. The earliest onions, scallions, will be followed by bunches of fresh sweet onions soon. As the summer progresses fresh bunched onions will give way to topped, cured onions. We store these cured onions in cold storage through the winter all the way until scallions come in again early the next summer. The different kinds of onions all have their best uses, and we love the short season when we have scallions for soups, salads, stir-fries, omelets, etc. Enjoy them while they last!

The cut salad greens, or mesclun, are a custom-blended mix of baby greens that just need to be dressed and served to make a great salad. And the very first zucchini is here!

The Swiss chard in the share is good steamed or sautéed until tender and served with butter and a sprinkle of cider vinegar. You can remove and discard the thick midrib, or prepare it with the greens. Try putting the cooked greens in an omelet or frittata with scallions, garlic, cheese, salt and pepper. Or try the recipe below for sweet-and-sour Swiss chard.

Have a good week!

**Sweet and Sour Swiss Chard**

- 1 bunch Swiss chard, ribs and greens, coarsely chopped
- 1 scallion, chopped
- 1 apple, diced
- 2 Tbls cooking oil
- Salt and pepper to taste
- 2 Tbls cider vinegar

Heat oil in a skillet over medium heat. Add the scallions and apple and sauté for about 5 minutes, until slightly softened. Add the chard, salt and pepper and stir-fry gently for 15 minutes or until the midribs of the chard are tender. Add the cider vinegar and cook for 5 more minutes. Serves 2-4.