



What's in your CSA farm share?

Snap Peas (Edible pods)—Store in plastic bag in fridge for 1 week. DO NOT SHELL THESE.

Green Cabbage—Store in fridge for 1+ weeks.

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

'Hakurei' Japanese Salad Turnips—Store in plastic bag in fridge for 1 week. Separate roots from edible tops for best storage.

Baby Kale—Store in plastic bag in fridge for 1 week.

Carrot Bunches—Store in plastic bag in fridge for 1 week. Use the tops to make pesto!

Beet Greens—Store in fridge in plastic bag for 1 week. Entirely edible!

**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,

It seems like the weather has finally turned, don't you think? Just in time for our family's plans to go camping and to the beach coming soon! Plus not to mention lots of farming to be done! ☺ The crew is set to harvest the garlic later this week so fingers crossed for a good harvest this year.

Thanks to everyone who came out to the Open Farm Day this past Sunday at the farm! We loved seeing you and had a great time showing off our special place! It was a success! If you missed out, please do make the time to come to the farm and pick flowers/herbs sometime this year before they're gone. It's relaxing, kids love it, and plus you'll get to take home a bouquet and fresh herbs for free.

With August almost here and good weather for swimming, our family relies heavily on light meals and easy prep/cooking. I always have lettuce greens already prepared in the fridge (I chop, wash, spin dry the lettuce and store it in a container to be able to pull out quickly). I also make sure to have a homemade dip on hand to dip raw veggies into like carrot sticks, salad turnip sticks, peas and more. The kids love that! And I also make a lot of soups this time of year which can be stored in the fridge until meal time arrives then quickly reheated. That way after work we can head out to swim at the pond down the road and then come home and still eat lots of veggies!

Here is your first taste of the zucchini/summer squash crop of the season! And yes I'm spoiled as I've been getting it in my house for a couple weeks now before there was enough for the CSA ☺. So I've been busy making it into pureed soups, which is one of my favorite ways to have it (zucchini, onions, garlic, broth, butter, salt, pepper, and fresh herb of your choice). Another easy favorite way to have it is to sauté it gently in butter and top with grated parmesan cheese. So tasty! I made the Swiss Chard and Summer Squash Frittata recipe on our website for lunch yesterday. Easy and delicious! (You could make it this week and substitute the baby kale for the Swiss Chard.)

Green cabbage is here. The first fresh harvested cabbage of the season is such a treat. It's so tender and juicy and sweet that I can eat it just plain raw! I googled the recipe below for "coleslaw with raisins" earlier this winter and it has been a tremendous hit with the family, especially our three year old daughter who included it in the list of special foods she wanted for her birthday meal a couple weeks ago. ☺ This recipe also classifies as cool and easy to use as leftovers! Still need inspiration for cabbage? I have about a million and a half ideas on our website for you. Okay, it's only like thirty five...

Enjoy the veggies and we'll see you next week!

Coleslaw with Raisins

2 cups cabbage, thinly sliced
1 cup carrots, peeled and grated
½ - 1 cup raisins, chopped (if large)
½ cup mayonaise
Sweetener of choice, to taste
1 tsp Dijon mustard
Salt to taste

Toss the cabbage, carrots, and raisins together in large bowl. In small bowl, mix the rest of the ingredients together to make the dressing. Combine everything and mix evenly. Refrigerate until serving.