



What's in your CSA farm share!

Fresh Carrot Bunches—

Store in plastic bag in fridge for 1-2 weeks. Separate edible greens from roots for best storage.

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

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

Tomatoes: Cherry and Slicing—Store out of plastic bag at room temperature for up to 1 week.

'Tokyo Bekana' Chinese Leaf Cabbage—Store in plastic bag in fridge for 1 week. Entirely edible.

Summer Squash/ Zucchini—Store in plastic bag in fridge for 1-2 weeks.

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

Basil—Store in plastic bag at room temperature 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!

August 10, 2022—Summer CSA pick-up 6 of 16

Dear Members,

Strange weather, right!? Coming off of temps up to 95 degrees, we dropped to the mid-60's and got rain! We're so thankful for the much-needed rain and honestly also a break from the brutal heat. It's hard to work 8+ hours a day in extreme temperatures! But, the heat boosted the crops. The tomatoes have come on early and are here for the first time. Yay! Plus the beans are in such abundance that we can hardly keep up picking them! Same with the cucumbers and summer squash/zucchini.

And this relentless abundance is what defines August on our farm every year. It's like a wave that swells and builds and then crashes down fast and furious. At least a couple people from our crew are picking one of these crops six days a week from now until the first of September to keep up with their growth. It's fun to pull in bucket after bucket of beautiful fresh summer veggies for our CSA members. We hope you enjoy it!

New this week is 'Tokyo Bekana' which is a kind of Chinese cabbage. I call it "Chinese Leaf Cabbage" as it is so tender and mild in taste that you might mistake it for lettuce if you don't read the newsletter first. It can be eaten raw or cooked. You can put it in salads like lettuce or make a slaw with it. CSA members in past years have really liked the Tokyo Bekana Slaw recipe on our website, which includes radishes for which you could substitute salad turnips also. It's very tasty! You can also put Tokyo Bekana into a stir-fry, but put it in at the end as it is very tender and cooks fast.

If the summer squash/zucchini are getting to you remember to check our website for ideas. We have recipes listed under both "Summer Squash" and "Zucchini" although they are interchangeable. I plan to make Coconut Curry Summer Squash Soup, which is one of my favorite summer soups! A high purpose of summer squash/zuke is frittata, and you could try my recipe under Summer Squash Frittata and add basil to it. Another whole meal option is the Summer Vegetable Strata recipe on our website under summer squash. Try using Tokyo Bekana in place of chard.

What about beans?? Tell me your favorite way to make them! I might put mine into a mixed veggie curry as I like them cooked until buttery soft. Are the cukes stumping you? Remember you can cook cucumbers! I have multiple recipes on our website for cooking cukes. They're actually really good and will surprise you!

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

Zucchini Bake with Feta and Fresh Herb

8 cups medium summer
squash/zucchini, halved and
sliced into 1/4" half moons

1 TBLS olive oil
1 TBLS garlic, minced
2 TBLS fresh herb, minced (thyme/basil)
2 large eggs
1/3 cup sour cream
1 cup+ feta, crumbled
2 TBLS parmesan, grated

1 TBLS lemon juice
Salt and pepper to taste

Sauté garlic and herb in oil for 45 seconds. Add squash and cook 4 min, tossing. Mix eggs, feta, sour cream, parmesan, lemon juice, seasonings in small bowl. Layer half of squash in greased 2 qt casserole dish. Pour over half of egg mixture. Layer other half squash and egg mixture. Bake at 375 for 45 min until bubbling.