



What's in your CSA farm share!

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

Salad Turnips with Greens—Store in plastic bag in fridge for 1 week. Remove leaves from turnips for best storage. Greens are edible, too!

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

Green Cabbage—Store in crisper drawer in fridge for 1-2 weeks.

Basil—Store in plastic bag either at room temperature or fridge. Use up quickly!

Carrots—Store in plastic bag in fridge for 1 week. For best storage, remove greens from roots.

Summer Squash/ Zucchini—Store in plastic bag in fridge for 1+ week.

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

Cherry Tomatoes/ Slicing Tomatoes—Store OUT of plastic bag at room temperature. Use up quickly!



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,

Okay, tomatoes are here! We literally work and plan all year long for this day! After dreaming our way through seed catalogs, picking out seeds, waiting for them to arrive, starting seedlings, transplanting them into the hoopouses, and trellising them once a week for months, they are here! Our first harvest of tomatoes out of the high tunnels was this week for you! Enjoy these babies!

With the beginning of tomato harvest, we enter the grueling picking season where we're harvesting tomatoes, squash, cucumbers, and beans almost every day to keep them all from getting over ripe. Invariably when you ask the farmers who work here, they always say that their favorite thing to do is harvest. It's the fun part after all the hard work to grow the crops to maturity! This week as I walked through the summer squash rows with my 1 year old on my back, something surprised me. It was a foggy morning with virtually no wind, and the only sound was the buzzing of the unfathomable number of bumblebees moving from flower to flower, doing their work. I stopped to remember how important they are to our farm's success. Beautiful!

This week has our second planting of summer cabbage in, with which I made a large pot of soup to bring with us on our family's weekend trip to the beach in Scarborough. It was cabbage, carrots, summer squash, green beans, potatoes, scallions/onions, garlic/garlic scape, thyme and parsley in a homemade broth with some leftover roasted meat and cooked dry beans. So good and so easy to reheat on our trip!

Basil is here again! Hello friend! Now basil is a tough one to store for a long time. One CSA member suggests storing yours in the plastic bag at room temperature rather than in the fridge as the cold can damage the leaves. Try that! I vote for using yours up quickly! I made a 4x batch of the Lemon Basil Vinaigrette salad dressing recipe I have on the website with mine. It will be our dressing for salads for this week.

How best to store cucumbers? Our employee Jean says that she keeps hers soaking in a container of water in the fridge so they stay as crisp as fresh picked! And speaking of cucumbers, remember that not only are they amazing quick pickled (recipes on the website, including a new variation, Sesame-Lemon Pickles) but you can also COOK them! Crazy, I know, right? Check out the recipes on our website for cooking them like Cool Cucumber Soup, Baked Stuffed Cucumbers, etc. I actually may make a cucumber salsa with what's left over after making the easy and delicious recipe below.

Want to get your kids (and yourself) snacking on salad turnips? Try cutting them into sticks, tossing with olive oil, salt and dried or fresh herbs (think basil)! Soooo easy and good for all ages! Enjoy the veggies and we'll see you next week!

Korean Shaved Steak and Cucumber Stir-Fry

½ lb. shaved steak (or sub ground beef)
1 TBLS soy sauce
2 tsp sesame oil
½ tsp each salt and sugar
1/8 tsp cayenne pepper, or to taste
2 med-large cucumbers
1-2 TBLS cooking oil

Cut shaved steak into bite size pieces and mix well with soy sauce, sesame oil, salt, sugar, and cayenne. Cut cucumbers in half lengthwise, scoop out seeds, and cut crosswise into 1/8-1/4" slices. Heat oil on high in large skillet or wok. Add steak, stir-fry 1 minute. Add cukes and stir-fry 2-3 minutes until softening, but still tender-crisp. Serve hot.