



What's in your CSA farm share!

The First Red Ripe

Tomatoes—Store at room temperature, NOT in plastic bag. Eat up quickly!

Basil—Store in plastic bag at room temperature. Can get chilling injury below 38 degrees.

'New Red Fire' Red leaf

Lettuce—Store in plastic bag in fridge for up to 1-2 weeks.

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

Golden Purslane—Store in fridge in plastic bag for up to 1 week. Leaves can be eaten raw in salad and stems cooked.

Summer

Squash/Zucchini—Store in plastic bag in fridge for 1-2 weeks or at room temperature for short term.

Carrots—Store in fridge in plastic bag for 2 weeks, removing greens if storing long term.

Green Beans and Yellow

Wax Beans—Store in fridge in plastic bag for one week.

Scallions—Store in fridge in plastic bag for one+ week. Chop up stalks and green tops—the entire plant is edible!



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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Return
your box
next week

August 12, 2015—Summer pick-up 7 of 16

Dear Members,

Eat, Sleep, Harvest, Harvest, Harvest! Peak season has officially arrived at Ripley Farm as we are spending most of our waking hours picking veggies as they ripen.

Yes, we've got beans, cukes, summer squash, zukes, etc. But, HIGH summer on our vegetable farm is defined by the arrival of tomatoes. And our first picking for the CSA is in the shares today! These red, ripe beauties are unlike tomatoes you find in the grocery store: they're flavorful, juicy, and NOT bred for easy transport. That being said, eat them up quickly as their shelf-life is short. ☺

These first tomatoes are from the tall trellised plants in our hoop house near the PYO flower gardens. We also rely on our bushy field tomatoes to provide for the later harvest season in September. Unfortunately, this past week we found the disease "late blight" on our outdoor tomatoes. Late blight is a dirty word on a vegetable farm because this disease can destroy entire crops of tomatoes and potatoes by turning the plants into wet, black mush shortly after infection. This year we will especially appreciate our hoop house crop that should resist the disease and provide us beefsteak tomatoes for several weeks. Farming is always a gamble, especially when it comes to growing tomatoes in Maine!

Basil is here for the first time in the shares! Pesto! We've got a recipe for pesto on the website which uses the amount of basil you have in your share. So, check it out if you don't already have a favorite recipe of your own. Of course basil goes well with tomatoes, but did you know it is also excellent with summer squash? Try our website's 'Summer Squash with Basil and Garlic'. Summer squash is a mainstay from now through frost in early-mid September. Gene and I eat it almost every day and often for breakfast sautéed in butter with our eggs. It is also great in casseroles, soups, and can be grated into zucchini bread/cookies/etc. All of the varieties that we grow do have their unique flavor nuances, but can be used interchangeably as well. If you are overloaded with squash, check out how we like to freeze it on our website as well!

Purslane is one of the healthiest edible plants that we know of and is considered a superfood by those familiar with it. In fact, it is full of omega-3s, calcium, magnesium and even protein. It all started with a request for purslane in the PYO gardens. After good feedback from members, we grew it for the CSA last year. And those of you who have had it enjoy the leaves' mild, lemony flavor added to salads or soups. The leaves and the stems are edible but take different preparation: Remove the leaves from the stems, wash and coarsely chop into salads; Chop the stems and simmer in acidulated water until tender and then use cold in salads. On the website, try 'Purslane and Cucumber Relish' or the new refreshing and cooling recipe below.

Have a great week!

Turkish Yogurt with Purslane

1 bunch purslane, leaves separated and chopped
(stalks discarded or set aside for other purpose)
1-1½ cups Greek yogurt
1 garlic clove, peeled and mashed

2 teaspoons olive oil
Salt and pepper to taste

Combine all ingredients well,
marinate in the fridge 2 hours.