



What's in your CSA farm share:

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

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

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

Sweet Onion— Store in fridge for 1 week. Fresh onions are all edible so don't neglect the green tops in your dishes.

Green Beans— Store in fridge in plastic bag for 2 weeks.

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

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

Red Ripe Tomatoes—
Store at room temperature and eat them up real soon!



Ripley Farm is a MOFGA Certified Organic farm and we spray no chemicals. Although we wash all our produce, we still recommend rinsing it before enjoying.



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Return
your box
next
week!

August 15, 2014—Week 7 of 16

Dear Members,

I love summer where several times a week most of the day is spent picking beans (my favorite!), cukes, summer squash and tomatoes. As the picking ramps up with our first tomatoes this week, luckily, our days of planting are winding down. This weekend we planted our fall storage purple-top turnips. This week my parents were visiting to enjoy the beautiful Maine weather, food, and fun farm activities. Juggling farming, family, and cooking is not an easy task. I am thankful for the plethora of make-ahead-meal ideas that I have amassed over the years. One of my new favorites features summer squash: Summer Squash Frittata. Actually I am doubling writing this newsletter and making one for our lunch! Check out the recipe below.

You might have noticed that we grow several kinds of summer squash. While the flavors and culinary uses are similar, the shapes are quite distinct and surprise some of our members! The flying-saucer-looking yellow and light green ones called pattypan squash are my personal favorites. The yellow squash is called a straight-neck and of course everyone knows the traditional dark green zucchini! Try any of these sliced and sautéed in butter, grilled, or grated into a recipe. Yesterday I threw together a crock pot of summer squash, tomatoes, sweet onion and garlic sausage for dinner. It was a hit!

Speaking of vegetable surprises: our light green, thin-skinned, seedless 'Diva' cucumbers will delight many with their sweet crunch! This variety has become popular with our farmers market friends and we hope you'll enjoy them, too. Last week I made a batch of lacto-fermented pickle slices with the 'Divas' that are already ready to eat! Interested in learning more? Come out this Sunday, Aug 17 at 2pm to our Slice it, Salt it, Stomp it Sauerkraut-making class down on the farm! Everyone is invited!

Our second planting of green beans has come on strong providing a nice big bag in this week's share. Raw or cooked? We favor green beans cooked, steamed and put into soups. Recently I roasted a pile of them and topped with an oil-and-vinegar dressing for a make-ahead cold salad. Yum! Got a favorite recipe for green beans? Let me know and I'll expand our website's Vegetable Gallery's Green Bean offerings.

Broccoli is one of those crops that we watch and watch over its lifecycle, but still don't know how it will turn out until the last minute. Because broccoli hates the heat, we certainly don't take our *summer* plantings for granted. Luckily it's been cooler and this summer's broccoli is simply amazing! Enjoy your nice big heads this week!

And leaving the best for last, sweeeeet onions are here! These gorgeous fresh onions are completely edible so use the bulbs and green tops in your salads, stir-fries, soups or in the frittata recipe below. Have a great week!

Summer Squash Frittata

- 1-1.5 lb. summer squash, grated
- 1-2 garlic cloves, minced
- salt and pepper to taste
- 8-10 eggs
- 2 oz goat cheese (or other soft cheese)
- ¼ cup green onion tops, minced (or fresh herb like dill or basil)

Sauté summer squash in oil over medium heat. Add garlic, salt and pepper and cook until wilted. Whisk eggs, cheese, and herb together. Add squash. Cook on medium low in skillet until top is set. Broil to brown top (2-3 min) and serve cold or hot.