



## What's in your CSA farm share?

**Basil**—Store in plastic bag at cool room temp for up to 1 week. Be careful not to crush, and use up quickly for maximum freshness.

### **Mini Green Romaine/Bibb**

**Lettuces**—Store in plastic bag in fridge for 1 week.

**Summer Squash and  
Zucchini**—Store in plastic bag in fridge for 1 week. All varieties are interchangeable in recipes.

**Tomatoes  
(Slicing/Cherry and/or  
Saladette)**—Store out of plastic bag at room temperature and eat up!

**Garlic**—Store at room temperature for 2+ weeks.

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

**Cucumbers (slicing  
cukes and pickling  
cukes)**—Store in plastic bag in fridge for 1+ weeks.

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



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 19, 2020—Summer CSA pick-up 8 of 16

Dear Members,

Big news on the farm is a welcome and unexpected 2.5" of rain on Tuesday! Wow, did we need it! The summer crops as well as the fall crops are dancing!

Picking is the name of the game, with tomatoes, cucumbers, summer squash and beans needing to be picked almost every day! The tomatoes are coming on in the field, and by the end of the month we hope to be picking a bunch of cherry tomatoes for you, too! First taste of them this week. The garlic has been curing for a couple of weeks, and Gene has given it the go ahead to go into your farm share this week!

It's all my favorite things again this week, and I think they all go so well together! I'm dedicating this newsletter to ways to combine your farm share veggies to make dishes! I took all of last week's share and chopped it up for a huge stir-fry that lasted the whole week. That was carrots, summer squash, purslane, cabbage and green beans. YUM! And I did that exact same thing with those same veggies (plus a can of tomatoes) and made a garden fresh veggie soup last week, too. It was so quick and made a lot, enough to feed us for many days of easy meals during the busy summer.

Other great options include making Summer Squash, Basil, and Tomato "Slop" which is a family favorite recipe, found under Summer Squash in the vegetable gallery. Summer Squash with Basil and Garlic is also a good basic option as a side dish. Zucchini and Garlic Soup is another favorite recipe of ours, originally shared by employee Cathy.

Basil is so good in pesto! I made it this weekend for Pesto Pizza, plus I mixed it into a homemade soft cheese to make a pesto-cheese spread for bread. So good! I also plan to make spiralized zucchini noodles with pesto, topped with chopped tomatoes.

Do you know how to freeze veggies? If you are overloaded by any summer-y freshness like summer squash, zucchini or beans, and want to preserve it for winter, the best way to do that is freezing. Cut your veggies into the size you want to use them in. Heat a large pot of water, blanch your prepared veggies for 1-3 minutes depending on size, cool in ice water, and pack into containers/ziplock bags to freeze. Easy! Speaking of which, I need to do this with summer squash/zucchini... and soon before it all goes away! Summer in Maine is so fleeting! Enjoy the veggies! We'll see you next week!

### Summer 'Everything' Veggie Chili

Cooking oil  
1 onion, chopped  
1 clove garlic, minced  
1 pound ground meat, and/or 1-2  
cups cooked beans of choice  
1 tsp cumin  
½ tsp ground mustard  
½ tsp paprika  
Cayenne pepper to taste  
2 cups broth of choice (or more)  
16 oz can of tomatoes, chopped

½ pound green beans, chopped  
2-3 summer squash, chopped  
¼ - ½ bunch carrots, diced  
Basil, chopped for garnish

Heat oil in large pot. Add onion, garlic, and beef if using. Brown until cooked through. Add beans if using, spices, broth, tomatoes, and veggies (except basil). Bring to a boil and simmer until veggies are cooked through. Garnish with basil. Serve warm.