



*What's in your
CSA share:*

- Lettuce
- Sweet Onion
- Basil
- Summer Squash
- Cabbage
- Carrots
- Green Beans
- Salad Turnips
- Blueberries



*Pick-your-own herbs
and flowers:*

- Thyme
- Sage
- Dill
- Winter savory
- Chives
- Garlic chives
- Basil
- Calendula
- Bachelor's buttons
- Daisies
- Zinnias
- Larkspur
- Coneflower
- Garden Phlox
- Heliopsis -Summer Sun
- Sunflowers

- 2 cups green beans, cut into 1 ½ inch pieces
- ¼ tsp dried thyme
- 1 clove garlic, minced
- 5 tbsls cooking oil
- 1 cup sweet onion, sliced into thin rounds
- 1 cup mushrooms, sliced (optional)
- 2 cups lettuce, torn into pieces
- 8 oz steak

RIPLEY FARM

Eugene and Mary Margaret Ripley
 62 Merrills Mills Road
 Dover-Foxcroft ME 04426
 207-564-0563
 www.ripleyorganicfarm.com
 ripleyfarm@gmail.com

August 1, 2012

Dear Members,

The eaves of our packing barn are hung with our garlic crop. This week we pulled all the plants, tied them in bundles of ten plants and are now hanging them to cure. When the garlic is dry and cured, we will take it down from the eaves and trim off the roots and tops of the plants to leave just the familiar bulbs. In this form it will store deep into the winter months.

We're excited to have blueberries from our highbush plants in the share for you this week. We don't plan fruit for the share, but our bushes have a bumper crop this year, so here they are! The onion bunches in your share this week are a sweet onion called Ailsa Craig. They are mild, sweet and delicious. Try slices of them on cold cut sandwiches or added to a grilled cheese. Or sauté them to top pork chops or steak with, see the recipe below.

Also new in the share this week is basil. We grow Genovese, an excellent pesto type. Pesto in its most basic form is basil, olive oil, garlic, and grated parmesan cheese blended together. Pine nuts or some other nut are a common addition. We also like basil added to salads or with eggs or fish. This week we made a delicious dish of baked, stuffed mackerel with basil as part of the stuffing.

The cabbage in the share would make great summer coleslaw paired with the carrots. It's also a nice ingredient in a stir-fry or a soup or casserole. The green beans are at their best when lightly steamed until tender but still bright green. Just add butter for a great side dish. Or try the recipe below—it was a favorite of Mary Margaret's when she was growing up. They also make a good cold marinated salad. After steaming, chill them in homemade vinaigrette with a little minced raw sweet onion.

Zucchini is probably a familiar vegetable to most of you. It's also a vegetable that can be ruined by harvesting at the incorrect time or by overcooking. We harvest ours before they get too big, while still at their most tender and flavorful. They need only the lightest cooking; overcooked they become an unappetizing mush. Our favorite way to eat them is to very gently sauté sliced zucchini (1/4 inch thick) in butter until they are just tender and serve them topped with a little grated cheese. Yum! Or steam them equally gently.

Have a good week!

Steak Lover's Salad

Heat 2 Tbls cooking oil in a heavy-bottomed pot over medium heat and sauté the beans, garlic, and thyme until the beans slightly soften, about 5 min. Add one cup water and simmer 15 min. Drain. In a skillet, heat three Tbls cooking oil over medium heat and sauté the onion and optional mushrooms until soft and beginning to brown, about 10 min. Broil or pan-fry the steak to desired doneness. Cut into thin strips. In a large bowl combine all ingredients. Top with a dressing of 2 Tbls olive oil, 1 Tbls lemon juice, ¾ tsp prepared mustard, salt and pepper to taste. Serve warm. Serves 2-4.