



## 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.

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

**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.



## RIPLEY FARM

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Return  
your box  
next  
week!

August 20, 2014—Week 8 of 16

Dear Members,

On our counter we have a wildly bubbling jar of lacto-fermented curried carrot sticks, a product of Sunday's Sauerkraut Bonanza here at the farm! We had a good turnout at Mary Margaret's first ever on-farm class, and the fun didn't stop with sauerkraut as evidenced by our carrot sticks. If you missed the class but want to try your hand at the tangy transformation of veggies through lacto-fermentation, then check out our website's Vegetable Gallery. Under 'Cabbage' and 'Carrots' you'll find the recipes for the two ferments we made in the class. The sour 'n' spicy curried carrot sticks never last long since they are one of our very favorite snacks ever!

Speaking of our favorite foods ever, your share this week features all the fixings for what Mary Margaret says is the best salad on the planet! Basil, tomato and cucumbers with goat cheese and a homemade vinaigrette dressing! We eat this many times a week during Maine's oh-so-short season when these three crops are all fresh from the field! Fresh basil is great over many different types of salads, as well as on pizza or pasta. We also love it with summer squash, as in our website's recipe for Summer Squash with Basil and Garlic.

All the cool weather we've been having lately (isn't this August??) has really slowed down the ripening of many of our summer crops, but you've got a nice big bag of tomatoes in your share this week nonetheless. The tomato plants in our hoop house are in full production despite the unseasonably cold temps, and we're hoping for a last stretch of hot weather to carry that strong production well into the fall.

One crop that is very much loving the cool, wet days is broccoli! 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. But the last two weeks have been perfect for maturing our nicest summer broccoli ever! Enjoy your gorgeous big heads this week! The most basic way to cook broccoli is to steam it until just tender, but we also like ours stir-fried, in soups, or with cheese (broccoli pizza, broccoli with cheese sauce...the possibilities are endless).

Have a great week, and enjoy what looks to be the first dry and sunny Wednesday pick up of the season! And we're halfway through the summer CSA already! Now, that's as hard to believe as is getting rain every Wednesday for 7 weeks in a row!

### Broccoli with Mustard Sauce

- ½ cup chicken stock (or water)
- ½ tsp dried thyme (or a couple sprigs fresh)
- 3 cups broccoli florets
- ½ cup sour cream
- 2 tsp flour
- 2 tsp Dijon-type mustard

Bring broth and thyme to boil over high heat. Add broccoli, return to boil, and simmer covered for about 5 minutes until tender-crisp. Remove broccoli, retaining cooking liquid. Blend together sour cream, flour, and mustard and add to liquid. Cook over medium heat until thickened about two minutes, stirring. Stir in broccoli and serve.