



What's in your CSA farm share!

Red Ripe Tomatoes—

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

Basil—Store at room temperature in plastic bag for up to 1 week.

'Concept' Green

Summer Crisp 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.

Summer

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

Scallions (Green

Onions)—Store in fridge in plastic bag for 1 week, keeping greens covered to prevent wilting. Entirely edible!

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



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 26, 2015—Summer pick-up 9 of 16

Dear Members,

Ah! Finally the last week of August is here! August is my favorite month: swimming, sunning, aka the only chance at warm days in Maine... But, I don't want August to last forever! Its hectic pace would be hard to sustain over the long run.

Late August is a transition time for many of you, getting back into the routine of the school year. At the farm, it is also a transition time for us. With probably the last week or so of summer weather in sight, our attention turns to the fall. Soon gone will be the days of go-go-go, culminating this year with a week of 80's and 90's which literally kept us picking every day just to barely keep up with the growth of the summer crops like tomatoes, beans, cukes, and squash. Undoubtedly, cooler days and nights are on the horizon in September and are always met with mixed feelings. Bye, bye, summer and its craziness. Hello, fall and its steady drive to beat the frosts to the harvest.

This past week we've finally gotten some much needed rain. In fact we've received more rain now than any other time period of the entire season including the early spring. Of course, some crops are simply said and done. But, luckily this late rain can and will benefit the vegetables still waiting to mature including the cabbage and our large plantings of fall roots. Better late than never, I say!

But, enough talk about fall! Let's enjoy the summer abundance when we have it: NOW! This week's CSA share certainly reflects the here and now of our vegetable farm. On the weekends I am busy preserving our farm's summer excess, including making pickles, freezing beans and squash, and hopefully making tomato sauce soon. If you are interested in putting away some of summer to enjoy during the winter, next week would be THE time to do so. We offer bulk amounts of summer crops for canning, freezing, pickling, pesto, etc. so please let us know by Monday, Aug. 31 if you are interested in ordering extra for pickup next Wednesday, Sept. 2 with your CSA share.

Due to this year's cool, dry spring and early summer, some of our crops' harvest times are delayed way past normal. Scallions (green onions) and the rest of our onion crop is a prime example of this phenomenon. These fresh onions are entirely edible and are delicious chopped into a "clean-out-the-fridge" stir-fry with summer squash, carrots, green beans, etc. Carmen uses this technique to get ready for the next CSA share every week on Tuesday nights. Also use them chopped raw into a salad.

The basil is doing very well this year, taking advantage of the hot, dry conditions this month. We use basil on everything this time of year: tomato salad, on eggs in the morning, in pesto and more! Or try it in my new "slop" creation below over rice, scrambled eggs, pasta, really anything! Have a great week!

Summer Squash, Basil, and Tomato "Slop"

2-4 TBSL butter or oil
1 bunch scallions (or 1 onion), chopped
1-2 pounds summer squash, chopped
1-2 lg. tomatoes (depending on juiciness desired)
1 large handful basil, chopped
1-2 garlic cloves, mashed (optional)
Salt and pepper to taste

Heat the oil in large skillet on medium. Add scallions and sauté until softened, not browned, about 5 min. Add the remaining ingredients, bring to boil, and simmer covered until tender, about 20 min. Remove lid to boil off unwanted liquid.