



*What's in your
CSA farm share:*

Lettuce—Store in plastic bag in fridge for up to 1-2 weeks.

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

Swiss Chard—Store in a plastic bag in fridge for up to 1-2 weeks. Keep all leaves covered to prevent wilting.

Salad Turnips—Store in plastic bag in fridge for up to 1-2 weeks. Tops are delicious so eat them up!

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

Green Beans— Store in plastic bag in fridge for up to 2 weeks. Snap off tops before eating,

Cabbage—Store in plastic bag in fridge for up to 1 month.

Summer Squash— Store in plastic bag in fridge for up to 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 before enjoying.



RIPLEY FARM

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Dear Members,

What could be more boring to hear about than weeds, weeds, weeds? Well, we have some good news for you! All this rain that we've had this summer has really given the weeds at Ripley Farm a leg up over us farmers and our crops. But, we've been out on the days that have NOT been rainy working, and we are officially almost caught up on our summer weeding. This past weekend and week we finished weeding our winter squashes, fall carrots and beets, onions, and fall brassicas. This means we are ready for next week's farm tour! Join Gene for a tour of 'where your food comes from' at 5:30pm next Wednesday, August 7 (during pick-up) at Ripley Farm! We hope to see you!

The summer cabbage has come in and it's time to enjoy some coleslaw in your picnics and lunches! Cabbage is a tasty, nutritious and versatile vegetable. Its great raw in a salad, stir-fried with other veggies or made into a casserole. I'm planning on using this week's cabbage to make my grandmother's Cabbage Casserole recipe for my sister-in-law who is coming to visit this weekend! Check out this recipe on our website.

Our summer squash is in full force this week. In addition to zucchini, you'll also find different types of summer squashes including yellow patty pan, yellow straight neck, and light green types. All of these types of summer squash/zucchini can be used interchangeably and are best treated to light cooking until just tender (not mushy!). Check out this week's recipe for a Zucchini Casserole below which got rave reviews from Gene's mom last week! I also made a very yummy Zucchini-Tahini Spread that I recommend you try. Find that unusual recipe on our website!

It's funny how some crops can go from 0 to 100 in such a short time. Last Friday there was not a cucumber ready in our patch, Tuesday there was just enough for our 50+ member CSA on Wednesday, and today we've got cucumbers coming out our ears! Fresh harvested cucumbers differ from those from the grocery store because ours are not waxed. Just bare naked goodness☺! This means you don't have to peel them if you don't want to. In addition to the traditional American slicing cucumber, we also grow two different types of cucumbers that you might find in your box this week or in the weeks to come. The yellow ones are called 'Poona Kheera' cucumbers and are originally from India. They're new this year and are sweet, crunchy and delicious! We also grow a European slicing cucumber called 'Diva' that is loved for its thin, spineless skin and sweet flesh making it very popular at our Orono Farmers Market. Look for these specialties in your box today and in the weeks to come!

Have a great week and we hope to see some of you for next week's farm tour!

Zucchini Casserole

- ½ large onion, halved and sliced very thin
- 1-2 medium zucchini or summer squash, sliced very thin
- 1 pound ground beef (or meat of choice)
- 12 oz tomato sauce or salsa
- 1-1 ½ cups grated cheese
- Salt and pepper to taste

In the casserole layer some tomato sauce, onion, zucchini, beef, tomato sauce, and cheese. Repeat another round of the same layer topping off with a good layer of cheese. Season with salt and pepper, bake in 350 degree oven for 1.25 hours, and serve.