



What's in your CSA farm share!

Beet Greens with Baby

Beets—Store in plastic bag in fridge for 1-2 weeks. Entirely edible!

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

Green Romaine

Lettuce—Store in plastic bag in fridge for 1 week.

Green Cabbage—Store in plastic bag in fridge for 1-2 weeks. Good raw or cooked.

Scallion (aka Green Onion or Spring

Onion)—Store in plastic bag in fridge for 1-2 weeks. Entirely edible!

Pac Choi (aka Bok

Choy)—Store in plastic bag in fridge for 1 week. Entirely edible, wash well.

Summer Squash/ Zucchini

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

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

Parsley—Store in plastic bag in fridge for 1 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

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

Thank you
for your
support!

August 3, 2022—Summer CSA pick-up 5 of 16

Dear Members,

I saw my first monarch caterpillar this morning! We've been seeing many adult monarch butterflies around thanks to the new field we bought last year that's covered in milkweed. It's encouraging to see so many again this year especially on the heels of their new threatened status. Our farm is a haven for them ☺

Another hot week on the farm, making things grow faster still, despite a serious lack of rain. The cucumbers have begun! And the beans, summer squash, and zucchini are in full swing. The tomatoes are just starting to come on and Hannah picked the very first big tomato out of the hoop house yesterday! And my daughter Harriet's garden out front of our house has already yielded us a big handful of cherry tomatoes. High summer is approaching fast on the farm and probably your garden, too!

The garlic harvest is in thanks to a big crew of homeschooled kids last week! All 7000 bulbs are laid out to cure in our hoop house. So far the curing weather has been high and dry, which is good for garlic. But we could really use some rain and soon. Get your rain dances on, friends of the farm!

Hey, I want to check in with you about veggie storage. How is it going? All of your veggies are fresh harvested and should last at least a week, as long as you follow the storage suggestions on the sidebar in your newsletter. Remember, the refrigerator is like a big cold dehydrator. If you don't cover your veggies with plastic or some other way to maintain the moisture, they will get wilted, limp and you won't be happy.

Cucumbers are here! This weekend I was so excited that the crew picked the very first ones so I made a batch of quick pickles and a salad with cukes, avocado, green onion, cilantro, lemon and lime juice and salt. It was so good!

Green beans are really coming on strong! If you're looking for ideas, please remember to check out our website's vegetable gallery for our favorite ways to use beans. Besides just steaming them and adding salt, pepper, and butter, I love to roast them. If you never have done this, try it. It's addictive and you'll go through your whole portion in a snap!

And with your beet greens and baby beets, try making the crustless quiche that CSA member Elaine made recently: chopped cooked beet greens, parmesan cheese, chopped scallions and garlic, ¼ cup milk, 6 eggs, and grated cheese. I can tell you it was good, because I made it, too! Enjoy the veggies and we'll see you next week!

Cold Green Bean and Cucumber Salad

- 1 pound green beans, ends snapped
- 2 TBLS olive oil
- 2 TBLS vinegar of choice (red or white wine, cider etc.)
- 1 TBLS parsley, minced (or other fresh herb)
- 1-2 TBLS scallion or onion, minced
- 1 large cucumber, peeled and chopped
- Salt and pepper to taste

Steam beans until just tender. Drain well. Chop into 1" bites. Toss with oil, vinegar, parsley, scallion, salt and pepper. Chill. Add cucumber and serve.