



What's in your CSA farm share!

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

Beet Greens (in a bag)—Store in plastic bag in fridge for 1 week. Keep leaves covered to prevent wilting. All edible!

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

Scallions (aka Green Onions)—Store in plastic bag in fridge for 1 week.

Baby Kale (in a bag)—Store in fridge in plastic bag for 1 week.

Carrots—Store in plastic bag in fridge for 1 week. For best storage, remove greens from roots.

**Summer Squash/
Zucchini**—Store in plastic bag in fridge for 1+ week.

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

Pac Choi (aka Bok Choy)—Store in plastic bag for 1 week in fridge. Make sure to cover well to prevent wilting. Entirely edible!



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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Thank you
for your
support!

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Dear Members,

Since becoming a mother, I don't work in the fields like I used to. I'm busy taking care of my two girls, keeping house and food on the table, and doing the office work. But that doesn't mean that I'm out of touch with what's going on on the farm. On the contrary! I love my walks with my children where I use the most basic skill a good farmer (and scientist) uses, observation. And often because I'm not pressured to perform head down running to my next task to get it all done (ahem Gene!), I notice things that others don't see. Like how fast the weeds grow in the carrots that we missed when we weeded a few weeks ago. Or just how many bees are buzzing around the perennial flowers on the farm.

This time of year it really is thrilling to take a walk as things change so fast, even in 24 hours. One example was last week. The crew (with some help from some high school kids) busted out 7000 bulbs of garlic harvest! Wow what a change in scenery on the farm! And now it's August and onions are another large harvest on the horizon, as well as many more weekly CSA harvests!

Summer favorites are here! Like carrot bunches! Enjoy these goodies, as they are our farm's favorite crop to grow and we're always excited for the fresh ones! And green beans are here, too! They came in with a bang this year, a big pile for you. I love beans steamed with butter, salt and pepper on them as my go-to. They can be used cooked or raw, depending on your taste, and I've got several appetizing recipe options on the website if you want to get "fancy" with yours. Or try the recipe below!

Baby kale is a treat this time of year! In the Winter CSA, we often have baby kale out of the hoopouses, but this time of year we only plant it occasionally because of all the other yummy goodies that we can have in the summer! Enjoy it raw or cooked. I plant to make the Lemony Kale Salad with mine, which also uses scallions.

And the cucumbers are here in full force! We've got them coming out of our ears and I've been making quick pickles, for which I have several variations listed on our website. Also did you know that you can cook cucumbers? There's a cucumber soup recipe on our website that is quite good and simple. Or peel, seed, and dice them into a stir-fry with Asian flavorings. Skeptical? Try it, I promise it will surprise you!

Phew what a year on beet greens! Some years we only have them once in the shares, and we're so happy to have had them this long. That's a promising thing for our fall beet harvest, I'd say. Fingers crossed! Ever have leftovers? Do what Elaine does and have them for breakfast with an egg on top. Enjoy the veggies and we'll see you next week!

Blistered Green Beans

1 lb. green beans, ends removed
4 TBSP olive oil, divided
Salt to taste
3-6 cloves garlic, thinly sliced
¼ tsp crushed red pepper flakes, or to taste

Preheat broiler to high. Add 2 TBSP oil, garlic, and chili flakes to small skillet. Heat on low. Place green beans on foil lined baking sheet. Toss with 2 TBSP oil and salt. Broil until starting to char, 2-4 min. Toss. Broil until blistered to your liking, 2-4 min. Turn oil up to medium and stir until garlic begins to brown at edges. Toss oil mixture with beans and serve hot.