



## What's in your CSA farm share!

### 'Red Gold' New

**Potatoes**—Store in fridge in plastic bag for 2 weeks. Thin, tender skins don't need peeling!

### 'Magenta' Summer

**Crispleaf 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.

**Russian Kale**—Store in fridge in plastic bag for up to 1 week. Be sure to keep all leaves covered or they will quickly wilt.

### Summer

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

**Carrots**—Store in fridge in plastic bag for 2 weeks, removing greens if storing long term.

### Green Beans and Yellow

**Wax 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

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Dear Members,

'Red Gold', a farmer's buried treasure. As we dug through the dry soil here at Ripley Farm yesterday, watching yet another round of rain-laden thunderstorms pass mostly to the north of us (sorry, Sebec Lakers), we couldn't help feeling a little nostalgic for last year's bounteous rainfall.

While some crops, like our peas, have thrived on this year's dry conditions, others are showing the strain from the lack of moisture, and none more so than our potatoes. After our best crop of spuds ever last year, we've been afraid to even dig into the hills this year beneath the undersized plants. Well, it's not like last year, but we're feeling rich after unearthing a little bit better than expected yield of gorgeous, thin-skinned 'Red Gold' new potatoes for you yesterday! Enjoy these most tender of potatoes! We love them for potato salad or just steamed in their jackets and served with butter and fresh minced herbs. Yum!

The beginning of August has brought on the summer crops! We have our first cucumbers and green and yellow beans in this week's share for you. These crops along with the summer squash/zucchini define the flow of summer work for us here at the farm, because they ripen their fruits so quickly that we need to pick them every couple days to keep them from getting oversized.

Not only do we pick them at their most tender and flavorful size, we also grow some varieties of these vegetables that you won't always find in the grocery store. It's not just beans that come in green and yellow! Most of you have already gotten several kinds of summer squash from us: the UFO-like yellow patty pan squash, the yellow straightneck squash, and the light green Lebnese zucchini, in addition to regular dark green zucchini. All of these have a similar flavor and texture to zucchini and can be used interchangeably in recipes. We're also trialing a new yellow cucumber variety, so keep an eye out for the 'Silver Slicers' that will appear from time to time in your box alongside your regular green cukes. We hope you enjoy the diversity of varieties we grow, and please tell us what your favorites are!

Kale is back this week. It goes very well this time of year in a cheesy casserole with summer squash and/or green beans and rice. It also pairs well with potatoes, as in the recipe below, or the 'Irish Colcannon' recipe on our website.

Have a great week!

### Kale with Raisins

1 bunch kale, tough midribs discarded, washed,  
and sliced into thin strips  
1-3 tablespoons oil  
¼ teaspoon red chili flakes (or more to taste)  
1-3 garlic cloves, peeled  
3-4 tablespoons raisins  
2 cups chicken or vegetable broth  
salt to taste

Heat oil in large skillet over medium-high heat. Add garlic, chili flakes until sizzling. Add raisins and stir. Add kale and stir to mix. Add broth and bring to boil. Cover and simmer until kale is tender about 15-30 minutes. Uncover and boil away remaining liquid. Salt to taste. Serve hot over mashed or boiled potatoes!