

What's in your CSA farm share:

Radishes—Store in fridge in plastic bag. Separate edible tops from roots for best storage.

Tomatoes—Store at room temperature out of plastic bag. Use up quickly!

Red Summer Crisp Lettuce—Store in plastic bag in fridge for 1 week.

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

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

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

'Ailsa Craig' Fresh Sweet Onions—Store in fridge in plastic bag for 1 week. Edible greens and bulbs.

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

Beet Greens—Store in plastic bag in fridge for 1 week. 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

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



August 9, 2023—Summer CSA pick-up 6 of 16

Dear Members,

The grueling picking days on the farm are here! Now that the summer crops like summer squash, beans, cukes, and now tomatoes (!) are cranking out fruits our crew has to be out there picking every two days to keep everything from getting too big. Thankfully we have a beyond awesome group of people who help to keep this farm running! And a huge shout out to them for helping us get away this past weekend on our annual trip to the beach. This year we went to an AirBnb at Old Orchard. The weather was unbeatable, the kids loved it, and so did we! And we didn't even forget the veggies (or the beach toys like last year)! But I kept it simple and did veggie sticks with dip, big salads, pickles, and homemade kimchi. A success all around!

Now we're back to business and despite another soggy harvest day yesterday, the big three of August: cukes, beans and squash are here again! Many of our Summer CSA members are enjoying the beans by sticking to the basics and steaming them with butter, salt and pepper, or getting fancy and making dilly beans (you can do these quick pickled like the recipe last week for cucumbers) or the Garlicky Green Bean Stir-fry recipe on the website. Some are even just eating them raw as a snack out of the bag! I'm boring (haha) and putting mine in chicken soup again. Yum!

Zucchini gets used up at our house in a quick sauté with cheese on top at breakfast, lunch and dinner these days. Others report making zucchini fries, zucchini pie, zucchini scones. Hey, you can put zucchini or summer squash in anything, right? That and cucumbers are my absolute favorite. I wish we could have them year round...

One of the big successes of this wet, wet year is the size and quality of the onions. And luckily we decided to bring back a favorite from years past: 'Ailsa Craig' sweet onions freshly harvested with some of their greens still on 'em!

Radishes are back! CSA member Elaine reminds me how good radish toast is! She says they're addicting and my kids and I agree! To make, spread butter on baguette, lay thinly sliced radishes on top, and drizzle honey and salt over everything. I plan to take my cabbage from a couple of weeks ago and put it with my radishes, carrots, onion, and garlic scapes to make a quick kimchi to tide me over until fall. And remember if radishes have too much bite for you, they mellow out to just perfect when you cook them in a stir-fry or roasted. Enjoy the veggies and we'll see you next week!

Beet Greens Bruschetta

3 TBLS cooking oil
1/4-1/2 cup onion, chopped
1 cup steamed beet greens, chopped
1 medium tomato, seeded and chopped
1 garlic clove, minced
½ tsp red pepper flakes
Salt to taste
½ tsp dried basil
4 oz cheese of choice, grated
4 slices bread

Heat oil in large skillet over med heat. Saute onion until softened. Add beet greens, tomato, garlic, red pepper, salt, and basil. Stir-fry until everything is hot and any liquid from veggies is mostly gone. Meanwhile, toast bread until lightly browned. Spoon veggies onto toast, top with grated cheese, and toast for additional 2-3 min until cheese is melted. Serve hot.