



## What's in your CSA farm share:

**Beets**— Store in plastic bag in fridge for 1-2 weeks. Greens are edible, too!

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

### **Fresh 'Redwing'**

**Onions**—Store in plastic bag in fridge for 1 week. Use green tops like scallions!

**Cilantro**—Store in plastic bag in fridge for 1 week.

**Pac Choi (Bok Choy)**— Store in fridge in plastic bag for 1 week.

### **'Hungarian Hot Wax'**

**Peppers**— Store in fridge in plastic bag for 1 week.

**Carrots**— Store in fridge in plastic bag for 1 week.

### **Red Ripe Tomatoes**

Store at room temperature and eat them up real soon!

**Ripe Sweet Peppers**— Store in fridge in plastic bag 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 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

Return  
your box  
next  
week!

September 12, 2014—Week 11 of 16

Dear Members,

This time of year has a name at Ripley Farm. As the days and nights get significantly cooler and the sun sets lower in the sky, we call it the Big Slow Down. The reign of the summer crops like summer squash, cukes, and beans finally breaks, not yet by frost, but by a sluggishness that halts the rapid ripening of these heat-lovers that dominated your farm share for the past six weeks. Exactly when the Slow Down occurs is hard to predict, but it happens every year sometime in September.

We're excited to have finished all our big weedings for the season and have planted our last vegetables to be harvested in 2014! Sunday, we kicked off the fall with some help from some CSA members and dug 1000 pounds of our potato crop. Also, the huge, unsightly stump piles have all been hauled off of our cleared area! Today after we pack the CSA boxes, we'll bring down half of our onion crop into our little greenhouse to cure and dry down for fall and winter use. The other half, the huge red onions, are still growing in the field for a few more days until their tops fall over. These bold and beautiful red onions with their green tops still attached only come around once a year, so enjoy the entire thing in your salads, soups, cooked dishes, etc.

As CSA members, you're sure to notice the Slow Down, too, in your veggies this week! Cooler weather crops are here like beets, cilantro, and bok choy combined with late summer's ripe sweet peppers, fresh red onions, and more ripe tomatoes.

Remember pac choi (bok choy) from July? Bok choy is a mild, crunchy Asian vegetable that is all edible, and we like it sliced raw into salad or in a quick stir-fry or soup. I made a stir-fry with onion, chocolate pepper, and bok choy last night for dinner!

Beets are back! Boil them whole, slip the skins off and make a Beet Salad with Cumin, Lime, and Fresh Herbs using the cilantro as I did this week. Or roast them whole or chopped or make a soup. We provide more than a dozen recipes for beets on our website's Vegetable Gallery for soups, salads, and more!

Did you know that red peppers are just green peppers that have ripened? This week you have the red ripe version of the green Italian frying pepper that you got last week. The dark red-brown fruits (which start green, too) are called 'Sweet Chocolate' peppers and are new this year. We love them for their sweet flavor, early ripening, and heavy fruit set—I picked seven brown-ripe fruits from one plant yesterday! Great snacks raw or sliced into a stir-fry, ripe sweet peppers are a long-awaited late summer treat for your farmers! The hot peppers this week are called 'Hungarian Hot Wax' peppers and are yellow-to-orange-to-red with medium heat. With these and cilantro in your farm share, its salsa week at Ripley Farm! Or try cilantro in one of our favorite soups of all time, Carrot and Cilantro soup! Find it on the website.

Have a great week!

### **Fresh Tomato Salsa**

2 tablespoons lime juice and some grated rind

1 ½ lbs. ripe tomatoes, chopped

½ cup red onion, minced

1 hot pepper, seeded and minced

2 tablespoons cilantro, minced  
Salt and pepper to taste

Combine ingredients and refrigerate for 2 hours to blend flavors.