



What's in your CSA farm share:

Carrots—Store in fridge in plastic bag for 2-3 weeks.

Napa Cabbage aka Chinese Cabbage—Store in plastic bag in fridge for 1 week.

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

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

Cherry/Saladette + Slicing Tomatoes—Store at room temperature for 1 week. Remove from plastic bag to reduce moisture on the fruits.

Red Sweet Bell Peppers—Store in the crisper drawer in fridge for 1 week.

Red Sweet Italian Frying Pepper—Store in the crisper drawer in fridge for 1 week.

Dark Green Poblano Pepper—Store in the crisper drawer in fridge for 1 week. Mild heat.

Basil bunches—Store in a glass of water at room temp or in fridge. Strip leaves and make pesto!



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

Return
your box
next
week!

September 12, 2018—Summer CSA pick-up 10 of 16

Dear Members,

Farming makes me crazy because so much is out of our control. Like, take this weekend for example. We watch the weather like a hawk... Will there be a frost? Will it be just a little colder? Because a couple of degrees can make a big difference when you're a basil or tomato plant, for example. And we played it safe by covering the tender stuff as we could, basil, peppers, tomatoes, squash. And then hoped for the best. Because that's all that we can really do in the end. And.... it worked!

So it's still summer in your CSA farm share! Yay! Tomatoes are still here. As are peppers. I made a delicious dish called Roasted Red Peppers and Tomatoes. It was simple and oh so good. Roasting them together and adding feta cheese after they were done. Sooo good. Served it with baked haddock and felt like a fancy restaurant.

New this week is Chinese cabbage aka napa cabbage. We are particularly excited about this crop because it has been a hard one for us. But, this year's looks great! Chinese cabbage is a much tenderer and juicier relative of cabbage that is traditionally used for making Cabbage Pickle (Korean Kimchi). That's what we are going to do with this special treat!!! It is also excellent in stir-fries or even raw in a salad like Robert's special recipe below. I made a big batch of it and ate it all last week. Yum!

I told you that September was pepper season at Ripley Farm. This week you've got sweet red bell peppers. Plus two new kinds: sweet red Italian frying peppers and dark green Poblano peppers with mild heat. Frying peppers are long and red with pointy tips. They are our favorite peppers for flavor. We just love them in a stir-fry or cut into strips raw with a dip. Or just eaten out of hand like an apple. Yes, try it. They are amazing! Poblano peppers are technically "hot peppers" so watch out. BUT, bear with me. These peppers were in the PYO last season and were "member approved" for taste and appeal. So you have to try them. Traditionally they're stuffed. Or you can throw them into stir-fries or mince some into Robert's salad recipe below. They're pretty mild, though do have a little heat. Can't stand the heat? Then get out of the house. Wait, I mean, chop them up and freeze them in a bag to get you a winter's worth of mildly hot flavor. Just. Don't. Throw. Them. Away. Please!

And too many green beans? Yes, you can make Quick Pickled Dilly Beans or even try Basil Beans! Have you made Basil Pesto yet? I highly recommend doing it now (see above about frost for why). Fresh is sooooo much better! And carrots are back! Hope you were able to clear out your backlog if you had one. Have a great week!

Chinese Cabbage Peanut Salad

1 head Chinese cabbage, shredded
2 cups+ carrots, grated
1-2 red peppers, finely chopped
½ cup onion or scallion, finely chopped
1/2-1 cup peanuts, walnuts, etc, chopped
Poblano pepper, minced, to taste
(optional), or red pepper flakes

Combine above ingredients well.

Pour over the following ingredients whisked together to make a dressing:
Juice of 1-2 limes
4 TBLS peanut butter
1-3 teaspoons fresh ginger root, minced
1-3 TBLS soy sauce
Apple cider vinegar, to taste
Salt and pepper, to taste
Olive oil for thinning if necessary