



What's in your CSA farm share:

Lettuce—Store in plastic bag in fridge for up to 1-2 weeks.

Red Carrots—Store in plastic bag in fridge for 1-2 weeks.

Tomatoes—Store at room temperature for up to 1 week.

Beets—Store in plastic bag in fridge for up to 2 weeks. Tops are delish! We often remove them from the roots and store in separate plastic bags.

Broccoli—Store in plastic bag in fridge for up to 1 week.

Sweet Peppers—Store loose at cool room temperature or in the warmest part of your fridge for up to 1 week.

Hot Peppers—Store loose at cool room temperature for up to 1-2 weeks.

Parsley—Store in plastic bag in fridge for up to 1-2 weeks.



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

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Return
your box
next
week!

September 13, 2013

Dear Members,

Even though Wednesday's high was a muggy 88 degrees, it feels like fall has come early this year to Ripley Farm! Between last Friday and today, our farm has seen two light frosts with lows dipping down to 35 degrees. Fortunately the ground is still so warm that our summer crops have not suffered too much and the tomatoes and peppers are still cranking out fruits for your farm share boxes this week. Thankfully, the zinnias in the CSA cut flower gardens passed with flying colors as well!

Today's CSA box is definitely more of a mix of late summer and early fall with beets and parsley sharing space with tomatoes and peppers. Also, our fall planting of broccoli has started to come in for today's box. You might notice that some of the stems are hollow on your broccoli. This can happen sometimes if the plants experience a period of stress while growing. The flowerets are unaffected and as delicious as ever!

Beets again! Being one of the sweetest vegetables that we grow, beets are a colorful introduction to Ripley Farm's fall root crop harvest. Peeled, and chopped, beets are at their sweetest when roasted in the oven for a couple hours and then served as is or cooled and made into a salad with lettuce, parsley, goat cheese and a vinaigrette dressing. I often use a quicker method of cooking beets, peeling, chopping and boiling the roots. Tuesday night we had Beet Pancakes for dinner and they were really tasty and interesting! Check out the recipe below and try it either savory or sweet. Don't neglect the beet tops, as they are an appetizing green that can be steamed and topped with butter and vinegar, quickly stir-fried, or put into soups.

New this week is parsley which is really happy right now! We grow an Italian, or flat leafed, variety called 'Giant of Italy' which has superb culinary qualities. Parsley is a very versatile herb that we love to use in salads, soups, garnishes and salsas.

Red carrots? What's up doc? Nope, not all carrots are orange! Actually carrots come in many colors besides orange including red, yellow, white, and purple. The carrots in your box this week are 'Dragon' carrots and have red skins and an orange interior. They will retain their color when cooked, so give them a good scrub and leave the colorful peels. They're so beautiful that they remind me of a sunset!

Next week we hope you'll join us for a walk and talk with your farmer. Next Wednesday, September 18 at 4:30pm (during CSA pick-up) we'll be holding a farm tour. Come see what exciting things are happening during the super harvest season of fall on our organic vegetable farm. Have a great week!

Beet-Apple Pancakes

$\frac{3}{4}$ cup pureed beets (roots peeled,
chopped, boiled, drained & pureed)

$\frac{1}{4}$ cup applesauce

3 eggs, beaten

1 tablespoon oil

Butter, salt and pepper to taste

*Optional toppings: Sweet: maple syrup & whipped cream; Savory: goat cheese or feta cheese or sour cream with parsley

Combine beets, applesauce, and eggs and season with salt and pepper to make batter. Heat oil in skillet, and fry spoonfuls of the batter on both sides. Top with butter and optional toppings!