



What's in your CSA farm share?

Carrots (no tops)—Store in plastic bag in fridge for 1-2 weeks.

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

Celery—Store in plastic bag in fridge for 1 week. Leaves are edible, too, and can be used in soups or broths. Or chop and freeze for later.

Tomatoes: Cherry, Saladette, and Slicing—Store out of plastic bag at room temperature for up to 1 week.

Romaine Lettuce—Store in plastic bag in fridge for 1 week.

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

Fennel—Store in plastic bag in fridge for 1-2 weeks. Fronds are edible!

Coloring-to-Red Sweet Pepper—Store in plastic bag or crisper drawer in fridge for 1-2 weeks.

Spinach—Store in plastic bag in fridge 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 to remove any grit before enjoying.



RIPLEY FARM

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Thank you
for your
support!

September 14, 2022—Summer CSA pick-up 11 of 16

Dear Members,

With cooler weather right around the bend, we are preparing for our big winter squash harvest on Thursday. I'm preparing in my house by making a big lentil veggie soup with many things from the share this week! I'm sharing the recipe below in case you want to join me in the seasonal cooking fun.

It is right around this time of year that we expect to see our first frost. Though there is not one in the forecast (yet), there are temperatures forecast down to the lower 40's which makes Gene's radar go on high alert. So, don't you worry your heads, we'll be covering those precious tomatoes and pepper plants just in case!!!

The season is turning and you can see it in your shares this week. With cucumbers already done (pouty face) and zucchini likely in its last week, our sights are set on cooler weather favorites like greens, peppers, tomatoes, and hopefully broccoli next week. Eeeek, fingers crossed. Can't count your chickens heads until you harvest!

New this week is celery. This is the first ever attempt at growing celery on our farm. It is reputed to be a difficult crop to grow in Maine. And it proved to be so, but we squeaked it out for you! You will notice that locally grown celery looks different than what you get in the grocery store. First, it's not light green, it's dark green! And it's much smaller. And there are dark green leaves on the top. Well, hello locally grown celery, nice to meet you! Yes, it tastes like celery, and can be used like celery in most cooked applications, but probably not as tender as you would want for celery and peanut butter. But try it in a chicken salad or in a soup or casserole or whatever. And remember that if you don't use it all or all of the greens, you can chop and freeze it for later use. Don't waste this stuff, as it was a mighty effort to get it to you! ☺

Fresh fennel is a once a season treat on our farm! It is crunchy, pungent, aromatic, and a delicious addition to many meals. To prepare, cut away the stalks, retaining the edible fronds. The outer layers often have strings which you can choose to remove with a peeler if you wish. Next you can slice it lengthwise or my preferred way is to quarter it through the core, cut away the wedge of core left, and then slice lengthwise. We've got several recipes on our website for it including Roasted Fennel, Tomatoes, and White Beans or Fennel and Tomato Soup (both good options this week). It is also good in salad raw as in the Fennel, Apple, and Pecan Salad on the website. Give it a go and let us know! Enjoy the veggies and we'll see you next week!

Harvest Lentil Soup

Cooking oil
1 medium onion, chopped
2 medium carrots, peeled and chopped
1 cup celery + leaves, chopped
1 fennel bulb, cored and chopped
8 strips bacon, optional
3-4 cups cooked lentils (any color)
4 cups broth, chicken or vegetable
1-2 medium zucchini, chopped

Mushrooms, chopped, optional
2-3 cloves garlic, chopped
Salt and pepper to taste

Sauté onion, carrot, celery, fennel, and bacon in cooking oil until starting to soften. Add rest of the ingredients and simmer until tender, approximately 20-30 minutes. Season to taste.

