



## *What's in your CSA farm share:*

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

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

**Green Romaine**

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

**Beets with Greens**—Store in plastic bag in fridge for 1-2 weeks. Remove greens and store separately from roots for best storage.

**Carrots**—Store in plastic bag in fridge for 1+ week. Remove greens for best storage.

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

**Cherry Tomatoes/  
Slicing**

**Tomatoes/Saladette**

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

**Coloring-to-Red Sweet Peppers**—Store in crisper drawer in fridge for 1 week. Or leave out at room temperature for a couple days to ripen to all the way red.



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 15, 2021—Summer CSA pick-up 11 of 16

Dear Members,

Big news this week is that the winter squash is harvested! Now it's all laid out in the field or hoop houses to cure. What does curing mean? The sun and dry air help the fruit heal the wound where the stem was cut from the plant. The skins toughen up to be able to withstand getting stored away, and the fruit ripens a little bit more to be ready for your tummies soon! It looks like a good crop, so we're happy!

It's September 15 and we have not had a frost yet nor is one on the horizon. That's nice for us because it means that the popular summer things like tomatoes and peppers are still coming and the flowers are still blooming in the Pick-Your-Own gardens. We're always on the lookout for frost this time of year, though, as our average first fall frost date is around Sept 17.

A taste of fall is in the shares this week with your first fall spinach! Yay! Make a salad, a quiche, put it with eggs in the morning, steam it, freeze it, ooo-la-la anything to enjoy its delicious tender taste! Broccoli is back for another picking as well as beets are here with their greens again! So that adds up to a lot of good cooking greens to put into soup to warm you up on chilly evenings. Though this past week I opted to make an hors d'oeuvres platter with my carrots, red pepper, broccoli, and cherry tomatoes. We had Indian food night at our house (Harriet begged me to make samosas!) and I made an easy sour cream dip with 4 ingredients that takes 3 minutes to make: sour cream, curry powder, salt and Dijon mustard. Try it! Even the baby likes it at our house!

Fennel is back for the second and final time in the CSA shares! How did it go before? I got a bunch of great ideas on how to use fennel in our CSA Member Facebook group that include: raw in a salad, roasted with other root veggies (ahem, Roasted Beets and Fennel is amazing!), put in Mediterranean soups, grill it and eat it with meats, put it in meat stew, or try the recipe below that was suggested by Brenda G. Yum!

Tomatoes coming out of your ears? CSA member Susan G. reminded me that making a sauce in the crock pot is an easy way to do it without having to attend to it all day, stirring! Okay, give it a try if you're feeling loaded and busy! I also want to put a plug in for last week's Sheet Pan Meal recipe, which was amazing, not the least because the cherry tomatoes are sooooo good when they're roasted in with other veggies!

Enjoy the veggies, and we'll see you next week!

### **Roasted Fennel, Tomatoes, and White Beans**

- 1 fennel bulb
- 3 Tablespoons cooking oil
- Salt, to taste
- 1 pint cherry tomatoes
- ½-1 tsp dried oregano
- 1-2 garlic cloves, minced
- Black pepper, to taste
- 15 oz canned or cooked white beans
- 1 Tablespoon fennel fronds, chopped

Preheat oven to 425 degrees. Halve fennel bulb, then cut into ½" wide wedges, slicing thru core to keep the leaves attached to the wedge. Heat oil in oven safe skillet. Add fennel and sprinkle salt. Cook flipping occasionally until beginning to brown and soften, about 10 min. Add tomatoes, oregano, garlic, pepper. Toss gently. Put skillet in oven. Roast until soft, about 15 min. Add drained beans for 5 more min. Add fennel fronds as garnish.