



## What's in your CSA farm share:

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

**Chinese Cabbage (aka Napa Cabbage)**—Store in the fridge in a plastic bag for 1 week. Slaw, stir-fry or kimchi! All edible!

### 'Tatsoi' Summer

**Spinach**—Store in plastic bag in fridge for 1 week. Salad or stir-fry!

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

**Tomatillos**—Store in fridge in a plastic bag for 1 week. Salsa or roast for sauce. Or raw in salad.

### Coloring-to-Red Sweet Bell/Italian Frying

**Pepper**—Store in plastic bag or crisper drawer in fridge for 1 week. Or leave out at room temp 1-3 days to fully ripen to red.

### Cherry Tomatoes, Saladette Tomatoes & Plum (Paste) Tomatoes

Store out of plastic bag at room temperature.

**Jalapeno Pepper**—Store in plastic bag or crisper drawer in fridge for 1 week. Remove seeds/midribs to reduce heat.



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

Please  
return  
your box!

September 18, 2019—Summer CSA pick-up 12 of 16

Dear Members,

I know it usually cools off in September, but are any of us really ready for it, yet? With temps forecast into the 30's this week, we're looking at a possible first frost here. We covered the important stuff with a BIG blanket and will hope for the best!

We have a gap in lettuce production this week. It hasn't happened in a few years (we always aim for the "perfect score" of lettuce all 16 weeks!), but we're thankful to have two different greens this week that are great in a salad:

First you've got 'Tatsoi' Summer Spinach, back from the spring. Throw this as is into a salad or try it in a stir-fry or a frittata! It's so fresh tasting! Next we harvested our fall crop of Chinese cabbage this week. Its light green leaves and white stalks are super tender with a pleasing crunch raw. To prepare, rinse leaves under running water and chop or finely slice depending on your use. It makes a great slaw with other veggies and/or fruits like apple. Try Robert's winning recipe from last year: Chinese Cabbage Peanut Salad, found on our website. Or make an Asian-Style stir-fry with other veggies. Or make yourself a quick batch of Kimchi using carrots, Chinese cabbage and jalapeno.

And wow the broccoli is booming! The crew all seems to be making broccoli cheddar soup, for which I don't have a go-to recipe. Share one if you do! I just made my classic creamy soup with broccoli: first sauté onions, then add broccoli, garlic, broth, salt and pepper, simmer until tender, and then add a can of coconut milk. Finally I use my super fast and easy immersion blender and voila, there's a soup that everyone loves, even my 3-year-old daughter! Or if you need to reduce the quantity of your broccoli, try roasting it tossed in olive oil and salt at 400 until tender-crisp, which is finger-licking good right off the pan. Or you can blanch and freeze some if need-be. And don't underestimate the deliciousness of plain steamed broccoli...

The tomatoes are still yielding well, despite the chilly September. The "Saladette" tomatoes, which are on average 1.5"-2" across and round red, are great as advertised, chopped onto a salad. Or they can be added to a stir-fry at the very end to soften and warm them. Or just eat them out of hand if you're inclined. Our "Plum" aka "Paste" aka "Roma" tomatoes have just started to come in. They are red oblong fruits that are characteristically drier than a slicing tomato. Use them any way you want, of course, but they're often used in cooking and in sauces.

And one more round of tomatillos for those of you who have been asking. Try them roasted with your jalapeno and then blended into a green sauce. You can also throw in a poblano if you've still got one. Enjoy the veggies! PS: 4 more weeks left!

### Chinese Cabbage Slaw with Honey Lime

#### Dressing

½ head Chinese cabbage, shredded  
2 medium carrots, grated  
½ cup onion, diced (or scallion)

Toss above ingredients in large bowl and pour over the following dressing whisked together:

Juice of 2 limes  
½ tsp salt + pepper to taste  
1 TBLS honey  
¼ cup olive oil  
1 tsp grated ginger  
Jalapeno, minced to taste  
Cilantro, chopped (optional)