



## What's in your CSA farm share?

**Carrots**—Store in fridge in plastic bag.

### Cherry and Saladette

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

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

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

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

**'Georgian Fire' Garlic**—Store at room temperature for 1+ week.

**Radishes**—Store in fridge in plastic bag for 1 week. Separate the tops from the roots for best storage.

**Sweet Onions**—Store at cool room temperature for 2 weeks.

**Coloring-to-Red Sweet Peppers**—Store in plastic bag in fridge for 1 week, or out of fridge for 1-3 days to fully ripen to red.

**Jalapeno**—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

Eugene and Mary Margaret Ripley  
62 Merrills Mills Road  
Dover-Foxcroft, ME 04426  
207-564-0563  
www.ripleyorganicfarm.com  
ripleyfarm@gmail.com

Thank you  
for your  
support!

September 20, 2023—Summer CSA pick-up 12 of 16

Dear Members,

How did the weekend go for you? We're on the other side of Hurricane Lee with flying colors. It wasn't as bad as we expected and I hope that was the case for you, too. We didn't even lose power! Gene and Emma got a chance to work on the first of two greenhouses we're putting up this fall on Sunday with refreshing sunshine and breeze. The farm feels like it's been going through repeated car washes with the near constant drenchings (we got another 2+ inches Monday into Tuesday), but everything is surprisingly just fine.

Summer is decidedly phasing out into fall with the first official day of fall on Saturday! To celebrate are you going to the Common Ground Country Fair at MOFGA? Many ask us if we're selling veggies there, and sadly we are not. But it's a great place to celebrate local agriculture and check out lots of Maine organic farms. Hey, and maybe you'll see a few of our employees there who are going! ☺

Fennel is back again. Apparently fennel loves all the water we've had this year as it is the biggest we've ever managed to grow it. Enjoy! Attention: to reduce the so-called licorice flavor of fennel, be sure to try it roasted! That is a great way to tone down the "bite" of just about anything (and that goes for radishes, too). So give it a whirl if that is your hesitation with fennel. CSA members have come in with delicious ideas for you. Here's what they made with the fennel last time: Fennel, Apple, Pecan Salad with chicken apple sausage; Tuscan Tuna Salad with Fennel; Fennel, Cucumber and Red Onion Salad; and simply shaved over salad raw! Or try the twist on seafood chowder below. Yum!

Jalapenos are the small green peppers in your share this week. They're hot peppers and to reduce the heat you can remove the seeds when you use them. If one jalapeno is too much, try freezing part of it to use another time. Or use your onion, tomatoes, pepper, garlic, and jalapeno to make a batch of fresh salsa! I put mine into an Indian dish with spinach and tomatoes that I made recently and it was just the right amount of heat for me. Or put yours into a stir-fry with the radishes, peppers, broccoli and maybe fennel? That sounds great with rice and ground beef (a very common meal for us at the moment... so easy and everyone will eat it!).

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

### Seafood Chowder with Fennel

Cooking oil  
1 cup carrots, diced  
½ cup celery, finely chopped  
1 fennel bulb, cored + finely chopped  
1 cup potato, peeled and diced  
½ tsp dried thyme, or to taste  
1 bay leaf  
1 quart vegetable or chicken broth  
1 pound fish and/or shellfish of choice  
½ cup cream, or to taste

Salt, to taste

In pot on medium-low gently sauté carrots, celery, fennel, potato, thyme, and bay leaf, stirring, about 10 min. Do not brown or let stick. Add broth and seafood. Bring to boil then reduce heat and simmer until tender. Add salt and cream. Garnish with chopped fennel fronds.