



What's in your CSA farm share!

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

Delicata Winter Squash—Store at room temperature for up to 1-2 weeks.

Carrots—Store in fridge in plastic bag for 2 weeks.

Red Bell and Sweet Italian Frying Peppers

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

Cilantro—Store in fridge in plastic bag for up to 1 week. Salsa time!

Tomatoes—Store at room temperature for up to 1 week. A mix of romas, saladettes, and slicers.

Green Leaf Lettuce—Store in plastic bag in fridge for 1 week.

Yellow Onion—Store at room temperature for 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 to remove any grit before enjoying.



RIPLEY FARM

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Return
your box
next
week!

September 27, 2017—Summer pick-up 13 of 16

Dear Members,

October is literally around the corner, and the crew is out in tank tops sweating, red-faced, hauling around “winter” squash, fall carrots, the first of the kohlrabi...! What!?! Yes, I was obsessed with it last weekend, but after three days in a row of 90 degrees on the farm, personally, I am ready for a change. That is a strong statement for an ex-Texan who loves the heat. But, seriously this is crazy weather for late September. And I guess I have lost my resistance to it!

I was even reluctant to write this newsletter because the weather seems so wrong. It hasn't rained in weeks on the farm and we are having the hottest stretch of the “summer” even though it is now fall. I should be writing about how we're getting cooler and cooler temperatures and how we've either had a frost or had a close call, but nope. None of that. We are sweltering to bring in the summer crops like it is late August! We've got red peppers in abundance this week thanks to the heat as well as lots of late tomatoes! The tomatoes are building up in my kitchen, and I plan to make a small batch of sauce to put in the freezer. I also like to blanch broccoli cut into florets for 3 minutes and freeze that, too. It is just weird for it to be so hot and unseasonable while harvesting and putting up produce for winter. Is this messing anyone else up???

Despite the heat, this week we kick off our fall harvest in earnest! The winter squash is cured and in the barn in big pallet crates. The first fall carrots are out of the ground and have gone through the root washer. Yellow onions are all cured, cleaned, and ready for storage. The crew celebrated yesterday with an annual potluck filled with farm fresh foods for everyone to share. Yay, five weeks to go and wish us luck!

Cilantro: Love it or hate it? It is one of the most controversial veggies that we grow. We love it in salsa (combine chopped tomatoes, cilantro, onion, peppers, etc). We also love it with carrots in this week's recipe: Carrot Cilantro Soup. This is one of my very favorite carrot soup recipes and is good hot or cold so make it now and enjoy it all week when it is supposed to cool off. ☺ Or use cilantro on baked haddock or chicken.

Delicata winter squash are one of our favorite squashes. They are very smooth fleshed with a sweet taste. My favorite way to cook them is to simply roast them: cut the squash in half lengthwise and scoop out the seeds. Then lay them face down in a casserole dish and put in a little bit of water, say a half inch in the bottom of the dish. Then bake at 350-400 degrees until fork tender. Serve with butter and maple syrup (optional) in the cavity. You can eat the skin, too, if you like. If these are new to you, we hope you enjoy them as much as we do! Have a great week!

Carrot Cilantro Soup

1 onion, sliced into thin rounds
3 Tbls butter
1 pound carrots, sliced into thin rounds
2-4 cups chicken stock
½ bunch cilantro, coarsely chopped
¼ tsp cayenne pepper, or to taste
Juice of 1 lime
Salt and pepper to taste

Sauté onion and carrots until tender, 8-10 min. Add chicken stock. Bring to a boil. Simmer until vegetables are soft, about 15 min. Add rest of ingredients. Puree and serve with a dollop of sour cream in each bowl.