



## What's in your CSA farm share!

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

**Green Onions (aka Scallions)**—Store in the fridge for up to a week. Keep greens covered to prevent wilting. Entirely edible!

**'Sprenak' Mini-Romaine Lettuce**—Store in plastic bag in fridge for 1 week.

**Tomatoes**—Store at room temp. for up to one week. Remove from plastic bag.

**Green and Ripening Peppers**—Store in refrigerator in plastic bag for 1+ weeks. This is the last of this year's crop.

**Pac Choi (aka Bok Choy)**—Store in plastic bag in refrigerator for 1 week. Entirely edible!

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

**Buttercup Squash**—Store at room temp for 1+ weeks. Inspect weekly for signs of decay and cook promptly.



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 28, 2016—Summer pick-up 13 of 16

Dear Members,

We never know what kind of a season it will be when we plant seeds in the spring. Filled with optimism, a freshly tilled field is a blank slate to us farmers. The once-painful failures of last year fade as we prepare for another year of giving it our all.

That's April. We are now almost to October, when we reckon with reality on the farm. My dad just sent me a recent article from the New York Times about the drought affecting New England. After reading about people hauling water in buckets to flush their toilets because their wells went dry in New Hampshire and about farms losing 50% of their crops because their two irrigation ponds went dry in Massachusetts, I'm feeling more positive about this dry season on our farm. We're in a drought, yes. But, thankfully, not *that* bad of a drought.

As a result of having limited capacity to water our crops, the dryness has impacted some things, especially germination (aka the seed coming up after being planted). "Not much there," said Carmen after trying to harvest a little parsley from the field. Sara and Carmen have been keeping our parsnips weeded which they report to be as sparse as one plant per two feet! Not ideal spacing for parsnips (should be one plant every 2-4 inches), but it should be enough for the Winter CSA. The drought also affected the potatoes' ability to bulk up the tubers resulting in fewer yields than in other years. We'll see as we continue to harvest! Overall we are still having a good year, still filling your CSA shares full with the fresh bounty coming from the farm, including the best-timed fall broccoli we've ever grown (not an easy feat)!

This week you have our first winter squash: buttercup. It looks like a good crop this year, better than last year's, so we're excited to share it with our members each week from here on out. We love growing Buttercups every year on our farm for their dry, sweet, deep orange flesh covered by a dark green skin. My favorite thing to do with Buttercup squash is to get Gene to chop it in half, scoop out the seeds, and roast at 400 degrees until a knife passes entirely through the flesh easily. Also try stuffing the buttercup squash in the recipe found on our website.

Soup weather! We've been enjoying soups almost every day for the past couple weeks. Below is my latest creation as a recipe this week. Fall can also be a great time of year for stir-fries! Remember the bok choy (aka pac choi) that you got in July? Here you go again! Try it in a stir-fry with broccoli, scallions, carrots, peppers, etc. Or get fancy and make Pad-Thai (Asian veggie/peanut noodle dish) like Sara plans to!

No hard frost yet, though we did have down to 36 on Monday morning which means more tomatoes and peppers for you! Enjoy this year's extended season on these favorites, dear members, and have a great week! Hello October!

### Broccoli and Buttercup Squash Soup

1-3 TBLS cooking oil or butter  
1 bunch scallions (or 1 onion), chopped  
2-3 cups broccoli florets (bite size pieces)  
2-4 cups chicken broth  
1 buttercup squash, roasted and flesh mashed

On medium, sauté scallion in butter until tender. Add broccoli, squash, broth, salt and pepper to taste. Simmer until broccoli is very tender. Check seasonings and add optional cream, milk, coconut milk, etc.