



What's in your CSA farm share?

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

Tomatoes (Slicing and Saladette)— Store out of plastic bag at room temp. and eat up quickly!

Sweet Red & Yellow Peppers (and coloring-to-red/yellow peppers)—Store in crisper drawer (or plastic bag) in fridge for 1+ weeks. Leave the half green half red/yellow peppers out for a couple of days to ripen to fully red/yellow.

'Sunshine' Kabocha Winter Squash— Store out of plastic bag at cool room temperature for 2+ weeks.

'Dwarf Curled Scotch' Heirloom Kale—Store in plastic bag in fridge for 1 week. Try kale chips/roasting!

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

Garlic—Store out of plastic at room temperature for 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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Thank you
for your
support!

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Dear Members,

Thanks to the heavyweight floating row cover blankets we put over the tomatoes and peppers last week, we're still picking them this week for the Summer CSA! Yay! Although the plants may look worse for the wear, the fruits are still nice and taste like the end of summer!

In other farm news, it is horribly dry here. I've been having nightmares about our well running dry (hasn't happened, thankfully!). But, we are in desperate need of rain. The USDA has categorized a large swath of northern and central Maine as a disaster area affected by "Severe Drought", including Piscataquis County. As we near our cutoff date (Oct 7) for putting down cover crop seed and having it be a viable cover for the ground for winter, Gene has as many fingers and toes crossed as he has that we get enough rain today for it to come up (and not to mention to help size up struggling crops like rutabaga, cilantro, and others before it's too late). Hope with us, please!

Your first taste of our winter squash crop is here! And it's a new one for us! It's a kabocha-type squash called 'Sunshine'. And it sure looks and tastes like sunshine with it's bright cheery orange skin and delicious sweet orange flesh. The skin is pretty thin which makes it good for peeling or roast yours with the skin on and scoop out the flesh. Basic roasting includes cutting your squash in half (good luck!), removing the seeds, laying face down on a baking sheet and roasting at 400 degrees until tender. Serve with butter and maple syrup. Or use it to make the Roasted Red Pepper and Sunshine Squash Soup on the website. The flecks of skin would not show in a pie, either! ;)

New also this week is green curly kale! In fact it is new to the farm! As many of you know, our favorite kale is Russian Kale, but we decided to conduct a trial of different kales this fall. And here's one of them for you! Green curly kale is the standard grocery store variety so you may be familiar with it. It is the best kind for roasting and making kale chips, says Assistant Farm Manager Robert. To make them, tear apart the kale and lay on baking sheet, drizzle with oil, sprinkle with salt and pepper and roast at 400 until crispy. I'm personally more partial to Simple Braised Kale, which also uses garlic or paired with tomatoes as in the Kale and Tomato Frittata or the Tuscan White Bean, Sausage, and Kale Soup (see recipes on the website). Kale also freezes well by blanching and putting into a ziplock bag. Enjoy the veggies! See you next week!

Sautéed Kale with Garlic and Tomatoes

2 TBLS cooking oil
4 cups kale leaves, large midribs removed, leaves chopped
1-2 cloves garlic, minced
2 cups tomatoes, chopped
Salt and pepper, to taste
¼ cup grated parmesan cheese, optional
Balsamic vinegar, to taste, optional

Heat oil in large skillet over medium heat. Add kale and sauté for 4-6 minutes. Add garlic and stir for 1 minute. Add tomatoes and sauté for 5-7 minutes. Season to taste and serve hot topped with optional cheese and vinegar.