



What's in your CSA farm share?

Fresh Spinach—Store in plastic bag in fridge for 1 week.

Red Sweet Peppers—Store in fridge in plastic bag or crisper drawer for 1 week.

Baby Green Oak Leaf Lettuce (in a bag)—Store in plastic bag in fridge for 1 week.

Tomatoes—Store OUT of plastic bag at room temperature for up to 1 week. Eat up quickly!

Cucumbers—Store in plastic bag or crisper drawer in fridge for 1 week.

Green Beans—Store in plastic bag in fridge for 1 week.

Summer Squash/ Zucchini—Store in plastic bag in fridge for 1 week.

Basil—Store in plastic bag at room temperature for less than 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

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Thank you
for your
support!

September 4, 2024—Summer CSA pick-up 10 of 16

Dear Members,

Sometimes it feels like summer is over before it really is. Like kids going back to school. Like now it's dark when we put the kids to bed (same bedtime). The low temperatures dropping below 50 degrees (breaking out the comforters and long johns). And our annual family vacation camping/hiking/canoeing at Baxter State Park was last weekend (yes, we had a great time, great weather, and Gene and eight-year-old Harriet summated Mt. Katahdin again!) But, despite all of that, summer is NOT over in your CSA farm share! In fact, it is still high summer at the farm for at least a couple more weeks and hopefully longer if the weather holds off a frost.

More celebration of summer with all of your favorite buddies like tomatoes, cukes, summer squash, beans, peppers, and basil. And this week, it took Gene by surprise, but the first fall planting of spinach was ready and bursting. So here is that, too! On our camping trip we brought fresh from the farm: carrots, cukes, large tomatoes, small tomatoes, and pre-prepared soup and chili using peppers, squash, and basil. Plus homemade pickles! Used up pretty much all of it, and we came home to a large salad, because I don't like to take up cooler space with lettuce that just gets mashed en route. Yay for veggies while being away!

If it's getting to be difficult to come up with ideas for it, let's talk basil. If you have not tried it, the most basic way to use up any amount of basil is to make pesto. I have a recipe on our website for how to make it, but please know it is very easy to make and goes great on pasta or homemade pizza or even in a homemade tomato soup (recipe on website). I also like to spread it on homemade sourdough bread. So good. If your basil gets out of hand, you can freeze pesto in ice cubes for later use. Or try dehydrating your basil. I do it every year and it lends such great "fresh basil" flavor to my soups that I highly recommend it over the store bought dried basil. Try making the Lemon Basil Vinaigrette recipe on the website for pleasing salad results. Basil also pairs well with summer squash/zucchini. I often like to make a simple summer squash sauté and top it with finely chopped basil. Or go whole hog and make the Zucchini Basil Soup recipe on our website. Or try the twist on a tomato basil soup in the recipe below.

The first red ripe sweet peppers are here—enjoy! There are two varieties of red peppers that you may receive either this week or in the coming weeks: Bell (which you are familiar with) and Italian frying peppers (which you may not be familiar with). Both are sweet, not hot, and can be used in a variety of ways raw and cooked.

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

Roasted Tomato and Zucchini Soup

2 pounds tomatoes, any size, chopped
1 pound zucchini, chopped
1 sweet red pepper, chopped
1-3 cloves garlic, whole
3-4 TBLS olive oil
1-2 tsp Italian seasoning
2 cups broth of choice

Salt, pepper + chopped basil, to taste

Toss veggies with olive oil, seasoning, and salt and pepper. Roast in oven at 375 until tender, about 45 min. Reheat with broth and basil. Blend. Check seasonings. Serve hot with cream if you like.