



What's in your CSA farm share:

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

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

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

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

'Purple Viking' Potatoes— Store in fridge in plastic bag for 1 week.

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

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

Red Ripe Tomatoes— Store at room temperature and eat them up real soon!

Green Sweet Peppers—Store in fridge in plastic bag 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 before enjoying.



RIPLEY FARM

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Return
your box
next
week!

September 5, 2014—Week 10 of 16

Dear Members,

Your CSA boxes this week feature two of our favorite new vegetable varieties that we're trying this year! Every winter we scan through a dozen or so seed catalogs looking for exciting new varieties to grow, and then spend months in eager anticipation of our first harvests. The potatoes in your shares this week are one of these trials called 'Purple Viking', an absolutely gorgeous purple-and-pink skinned variety. They're a firm-fleshed, delicious potato that makes amazing home fries, is perfect for potato salad or baked or mashed. They also are supposed to store really well, so look for them late into the winter months, Winter CSA!

The remaining 'Purple Vikings' still in the ground are slated to be part of our first big fall harvest this coming weekend, along with most of the rest of our potato crop. I always say that September and October are the months of the year where all we do all day every day is harvest, harvest, harvest! And with our very last planting going into the ground tomorrow, almost all the weeding done for the year and the fall storage harvests beginning this year looks to be no exception! Just like all the wild animals, we race the not-so-very-distant coming of freezing temperatures and snowy weather by hoarding up as much food as we can!! We work right up to the day the ground freezes getting out the thousands of pounds of root vegetables and other storage crops that we'll eat and sell all winter long to our retail and wholesale customers.

The other exciting new vegetable variety that we're trialing this year is the small, round red tomatoes in your share, called 'Mountain Magic'. These little two-bite wonders are super tasty and very prolific and we're absolutely loving them in salads, as snacks, or cooked into any number of dishes including our current favorite 'Lebanese-style Green Beans' that is on the website. Let us know what you think of these new varieties! And speaking of varieties we like, the green pepper in your box this week is one of our favorites, called 'Carmen' and is a sweet Italian frying pepper. Use it as you would a green bell pepper.

I think that so many of the summer vegetables go great together, including tomatoes and potatoes. The recipe below is one from India, where tomatoes and potatoes are very commonly cooked together. The combination of the two vegetables along with the spices is unbeatable! Give it a try, and have a great week!

Spiced Indian Potatoes

- 1 lb. potatoes, boiled until just tender and cut into 1" pieces
- 2 Tbls. Cooking oil
- ¼ - ½ tsp chili flakes
- ¼ tsp whole fennel seeds
- ½ tsp mustard seeds
- ½ tsp whole cumin seeds
- 1 cup ripe tomatoes, chopped
- 1 tsp salt
- ¼ tsp turmeric powder
- 1/8 tsp cayenne powder (optional)

Heat the oil in a medium pot over medium-high heat. When hot add chili flakes, fennel seeds, mustard seeds, and cumin seeds for 15 seconds. Immediately add tomatoes, salt, turmeric, optional cayenne, and potatoes. Add ¾ cup water, stir, turn heat to low, cover and cook gently for 20 minutes, stirring occasionally. Mash a few potato pieces into the cooking liquid to thicken. Serve hot.