



## *What's in your CSA farm share?*

**Carrots**—Store in fridge in plastic bag.

**Tomatoes**—Store at room temperature out of plastic bag. Use up quickly!

**Summer Crisp Lettuce**—Store in plastic bag in fridge for 1 week.

### **French Filet Green**

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

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

**Basil**—Store in plastic bag at room temperature for less than 1 week.

### **'Tatsoi' Summer**

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

### **Summer Squash/**

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

**Baby Kale**—Store in plastic bag in fridge for 1 week.

### **Coloring-to-Red Sweet**

**Peppers**—Store in plastic bag in fridge for 1 week, or out of fridge for 1-3 days to fully ripen to red.



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 6, 2023—Summer CSA pick-up 10 of 16

Dear Members,

Happy September from the farm! But, it feels more like August should have felt, right? We're happy to get some heat to keep the favorite mid-summer crops, aka the "big three" as Farmer Gene calls them (beans, cukes, summer squash/zucchini), coming just a weensy bit longer for you! It still feels like summer in the farm shares with all those favorites hanging on! Enjoy!

September is the month when we start our fall and winter preparation in earnest. With good crops of root vegetables and other storage veggies this fall, we will be busy harvesting from now until the week before Thanksgiving when we take a week-long break. The crew will be harvesting carrots nearly every week along with beets, cabbage, and more! Gene sincerely hopes to start the winter squash harvest the end of this week if there's time. Or if not, it'll all be in by the end of next week likely! It's a fun time of year when the almost-nothing-but-harvest rhythm sets in for us farmers. It's a long haul ahead, but it's like cruising in the comfortable lane on a long trip. Keep up the stamina and you eventually get there and can relax! I love it!

You can feel fall coming into the farm shares even with this last blast of heat. We've got some baby greens for you this week: baby kale and baby 'Tatsoi' spinach, both of which can be used raw or lightly cooked in soups, sautés, stir-fries, etc. I love them mixed into salad to add color and texture to make a hearty early fall meal with some kind of protein added on top. Or throw them into a batch of fried rice with other veggies lurking in your fridge. That's always an easy hit at our house! I also like them with Asian flavors like ginger, soy sauce and a little hot pepper. Try a quick sauté of baby greens for breakfast with an egg on top. Delish and healthy!

Basil is here likely for the last time I would guess because as the temperatures decline so does the growth of the plants. If you're not sure what to do with yours other than the recipe below or sautéing it with summer squash/zukes, check out our recipe gallery online for ideas like pesto, several different salad dressings, and even infusing it in vinegar to preserve the fresh taste for later. We'll miss it when it's gone.

It's been such a busy summer that making a homemade dip (most recently it was dill, garlic, and homemade Greek yogurt) with veggie sticks has been on the table almost every day. With even less time to cook than ever it's so easy and the kids love it! Try carrots, cukes, and red peppers to dip with. And if you're like my 7 year old, raw green beans, too! The Haricot Verts (French filet beans) are extra slender and tender!

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

### **Avocado Caprese Salad**

1 pound chopped tomatoes  
8 oz fresh mozzarella, sliced  
1 avocado, chopped  
2+ TBLS fresh basil, chopped  
1 TBLS olive oil  
Salt and pepper to taste  
1+ TBLS balsamic vinegar

Toss to combine all ingredients except balsamic vinegar. Arrange on serving plate. Drizzle balsamic vinegar over. Serve and enjoy!