



What's in your CSA farm share?

Lettuce—Store in plastic bag in fridge for up to 1-2 weeks.

Carrots—Store in plastic bag in fridge for up to 1-2 weeks.

Kale—Store in a plastic bag in fridge for up to 1-2 weeks. Keep all leaves covered or it will wilt.

Broccoli—Store in plastic bag in fridge for up to 1-2 weeks.

Snow Peas—Store in plastic bag in fridge for up to 1 week. String and eat the whole pod!

Salad Turnips—Store in plastic bag in fridge for up to 1-2 weeks. Greens are edible so don't throw them out!

Scallions—Store in plastic bag in fridge for up to 1-2 weeks.

Summer Squash—Store in plastic bag in fridge for up to 1-2 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 before enjoying.



RIPLEY FARM

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Return
your box
next
week!

July 19, 2013

Dear Members,

Things are heating up at Ripley Farm! For the past few days it has been over 90 degrees and sunny here at the farm which makes for ideal weeding weather. It also makes for great weather to cool down with a swim in Brann's Mills Pond down the road! The hot weather has also brought on thunderstorms where we've lost power the last two nights in a row. The rest of this weekend we'll be working on weeding our summer and fall crops like winter squashes, carrots, and cucumbers.

And our harvests are now in full swing. This past weekend Ripley Farm began our 5th season of selling at the Orono Farmers Market. Come on out and visit us on Saturdays from 8am-Noon at the University of Maine steam plant parking lot.

Our summer squash and zucchini love the heat we're having and are showing up in your share a little bit earlier than expected this year because of it. Earlier this week, we noticed that the summer squash plants were flowering so we removed the white floating row cover that protected the plants to let the bees do their job in pollinating. Tender young fruits form quickly and are ready for your CSA boxes today ☺! The most basic way to prepare summer squash is to slice, gently sauté in butter, and top with salt, pepper, more butter, and optional grated cheese. During the summer squash season we often eat it this way with eggs for breakfast. Yum!

We've been getting a lot of really positive feedback about the salad turnips from members who are having them for the first time. See below a recipe from a Ripley Farm CSA member. We made this for dinner two nights ago and it was very delicious!

Our kale plants are just raging this year and that's why we are able to give you another big bunch of 'White Russian' kale in your share so soon! And this is lucky, too, because kale is one of the most nutritious vegetables on the planet. In fact, kale is one of the best plant sources of calcium. To prepare, cut out the tough midrib, chop leaves, and steam until tender. Top with butter, salt and pepper. One of my favorite ways to use kale is to pair it with broccoli, which is also in your farm share this week, and make a Cream of Broccoli and Kale Soup. Find this recipe and many more on our website.

With all this hot weather, I have taken to making some one-bowl cold salad meals using lettuce, salad turnips, peas, and/or other veggies as well as chopped up left-over meats and/or hard boiled eggs with a creamy dressing. We've welcomed this hardy alternative to a hot meal during these 'dog days of summer'! Have a great week!

Amber's Turnip Soup with Greens & Bacon

2 strips bacon, cut into ¼" pieces

1-2 tablespoons oil

1-2 scallions or ½ onion, chopped

1 bunch turnips, roots chopped into bite size pieces, greens washed and chopped, tough stems discarded

¼ lb. mushrooms chopped (optional)

4 cups chicken broth

Salt and pepper

Heat oil in pot on stove to medium. Add bacon and scallion/onion. Saute until softened about 5 minutes. Add turnips, greens, optional mushrooms, and broth. Bring to boil, reduce to simmer, and cook until turnips are tender about 10-15 minutes. Season with salt and pepper.