



What's in your CSA farm share:



RIPLEY FARM

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Return
your box
next
week!

July 23, 2014—Week 4 of 16

Dear Members,

'Red Gold' New

Potatoes— Store in plastic bag in fridge for 1-2 weeks.

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

Beets—Store in plastic bag in fridge for 1 week. Greens are edible and delicious!

'White Russian' Kale— Store in fridge in plastic bag for 1 week. Keep all leaves covered or they will wilt.

'Oregon Giant' Jumbo

Snow Peas— Store in fridge in plastic bag for 1 week. Snap strings and eat whole pod!

Summer Squash—

Store in fridge in plastic bag for 1 week.

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

Dill—Store in fridge in plastic bag for up to 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.

A week of sun has replaced last week's torrential thunderstorms, and it couldn't have come at a better time. We hired in extra help and teamed up with that hot sunshine to do a massive round of weeding. Like vampires, there's nothing a freshly pulled weed hates so much as bright sunlight! We're happy to report that many of our fall crops have received their final weeding and are now ready to settle into doing what they do best; soaking up the rays while growing into delicious veggies! We got all of our winter squash, fall broccoli, cabbage, and rutabaga weeded and made a start on our fall storage carrots. The rest of the carrot weeding is slated for later this week, which will leave the farm looking (relatively) weed free for this Sunday's Open Farm Day!

Meanwhile, with the fall crops all tidied up, we're making the transition from spring to summer crops in your CSA boxes. The last of the peas are in today's boxes, while summer squash, zucchini and some gorgeous red new potatoes are making their first appearance. Don't peel these thin-skinned gourmet beauties; they're best cooked right in their bright red jackets, steamed or roasted!

Early summer beets are in also, still with their tasty greens attached. Some people love beets, some don't, but either way we want to help you explore new frontiers with this sweet, versatile veggie. That's why we've got a dozen or more great recipes for beets on our website's Vegetable Gallery. We think even the most skeptical beet eater will find something you like from our diverse collection. Roast 'em, boil 'em, put 'em in soups, salads, hummus, or casseroles, eat 'em for breakfast (beet pancakes anyone?), lunch or dinner—our recipe collection's got you covered. Or most simply, boil whole until tender and then slip off the skins.

Our mild, tender 'White Russian' kale is back this week and besides its many cooked uses (steamed, in casseroles or soups) I also want to highlight its use raw in salads. Many of our customers tell us that this is how they love kale. Remove the tough midrib, thinly slice the leaves, 'massage' with an oil and vinegar dressing, let marinate at least ten minutes to tenderize, and voila! Better than lettuce, says one of our workers! The recipe below is one dressed up version out of a million possibilities. Try adding nuts, cheese, avocado, dried fruit, cold meats, hard-boiled egg, or roasted veggies!

Dill makes everything smell so fresh and good! We love dill in dressings like the Garlic-Dill Vinaigrette on our website. Dill also works great with fish or BEETS—Try the Yogurt-Dill Dressing for a cold beet salad or a filet, perhaps. See you next week!

Beet and Kale Salad

¼ cup chopped nuts of choice
2-3 oz cheese, cut into ½" cubes or grated
1 bunch kale, midribs removed, thinly sliced
1 bunch beet roots, boiled or roasted & chopped
¼ red onion, thinly sliced
2 Tbsp lemon juice
1-2 tsp vinegar (balsamic or cider)
3 Tbsp olive oil

1 tsp honey
Salt and pepper to taste

Whisk together lemon juice, vinegar, oil, honey, salt and pepper. 'Massage' kale leaves with dressing. Let sit 10 minutes. Mix in remaining ingredients and serve.

*Optional: add steamed beet greens to the salad.