



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.

Beets—Store in a plastic bag in fridge for up to 1-2 weeks. Tops are delicious so eat them up! Keep all leaves covered to prevent wilting.

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

Pac choy—Store in plastic bag in fridge for up to 1 week.

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

Potatoes—Store in plastic bag in fridge for up to 1 month.

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 24, 2013

Dear Members,

Out with the old and in with the new! Last Friday we harvested the last of the 2013 peas and harvested our first summer squash! Yesterday was probably the wettest harvest day we have ever seen at Ripley Farm with 3 inches of rain falling in about 3 hours. Nevertheless we bring you an awesome collection of veggies for the fourth week of your adventure in seasonal eating! Quite different from your first week's box...

Our summer squash and zucchini loved last week's heat wave and are showing up in your share a little bit earlier than expected this year because of it. Last 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 plenty are ready for your CSA boxes today ☺! The most basic way to prepare summer squash/zucchini 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 last week and it was very delicious!

First week of potatoes! The variety that you have in your share this week is called 'Superior'. This potato really is a superior beginning to our potato harvest with its smooth buff skin, creamy flesh, and all-purpose eating qualities. Enjoy!

And first week of beets with beautiful tops! You can't beat beets for sweetness in the vegetable world! We don't believe anyone who says they don't like beets until they've tried our favorite recipe for them, Caramelized Beets and Onions. Check out our website's Veggie Gallery for this and 5 other beet recipes!

Save the date and learn to make a bouquet that's beautiful and lasts all week! With our zinnias starting to open and our purple coneflower in full force, join me for a how-to bouquet making class at 5:30PM next Wednesday July 31 (during CSA pick-up). This class is free and open to all our CSA members including those who pick-up in Bangor as well. We hope to see you there. And that goes for the dudes, too!

Want to know what's going on day-to-day down on the farm? Like us on Facebook and catch our fun photos of your farmers growing and harvesting your veggies! 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.