



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.

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

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

Green Beans—Store in plastic bag in fridge for up to 2 weeks. Snap off tops before eating,

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 26, 2013

Dear Members,

Out with the old and in with the new! Last Friday we harvested the last of the 2013 peas and today we harvested our first green beans! Today was another wet harvest day following on the heels of Tuesday which 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...

Green beans straight from the garden are such a treat, and I can really notice a difference when they are fresh! We plant 5 different plantings each summer and these are 'Jade' beans from the first planting seeded at the end of May. Green beans are a great snack raw with a dip or even better lightly steamed until bright green and then served as a side dish with butter, salt and pepper. We also like to make a cold salad with chilled steamed green beans and a vinaigrette dressing.

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.

You have dill bunches in your boxes this week! Enjoy a cold potato salad with your dill or try mashed potatoes with dill, butter, salt and pepper. Dill also pairs well with carrots in an easy and tasty recipe that I made for lunch today called Braised Carrots with Dill. Check out the recipe below. We also like to put dill in salads and dips.

You'll also find lovely bunches of arugula. Arugula is a peppery green that is great chopped into salads and is a regular part of our mesclun salad mix. Jericho, who works for us, makes a delicious arugula pesto, and I enjoy making a warm arugula salad.

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!

Braised Carrots with Dill

3 tablespoons butter
1 bunch carrots, sliced crosswise
¼ cup chicken stock or water
1 tablespoon vinegar (I used apple cider)
1 tsp sugar or maple syrup
Salt and pepper
1 tablespoon minced dill

Heat butter in skillet on medium.
Add carrots, stock, vinegar, sugar, salt and pepper. Simmer covered until just tender, about 5 minutes.
Uncover turn up the heat to reduce the liquid to a sauce. Add dill and mix. Serve.