



## What's in your CSA farm share?

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

**Beet Greens (in a bag)**—Store in plastic bag in fridge for 1 week. Keep leaves covered to prevent wilting. All edible!

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

**Scallions (aka Green Onions)**—Store in plastic bag in fridge for 1 week.

**Purple Kohlrabi**—Store in fridge in crisper drawer for 1+ weeks. Cut away the bottom 1" at root end. Peel down to white part. Great raw or cooked!

**Swiss Chard (bunch)**—Store in plastic bag in fridge for 1 week.

**Summer Squash/ Zucchini**—Store in plastic bag in fridge for 1+ week.

**'Hakurei' Japanese Salad Turnips**—Store in plastic bag in fridge for 1 week. Separate edible greens from roots for best storage.

**Italian Flat Leaf Parsley**—Store in plastic bag for 1 week in fridge.



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!

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Dear Members,

Open Farm Day was so much fun! Thank you to everyone who came out to the farm. It sure felt like celebrating local agriculture to me, even though it was a little rainy. Hey rain is good, right? ☺ The big item on the agenda this week is to get the garlic out of the ground and into a greenhouse to cure. Thursday is the day and wish us luck to get all 7000 bulbs out before any showers come!

Cucumbers are here! Cucumbers are super refreshing on hot days. I've been good about making homemade dips and having them in the fridge to dip raw veggies into. And cucumbers are my favorites for this! Check out the new Mediterranean Whipped Feta Dip I made this past week. It has parsley in it, so I filed it under 'Parsley' in our vegetable gallery. Or make Greek Tsatsiki on our website under cucumbers!

Speaking of parsley, did you know that it is super high in minerals and vitamins and is really good for you? That's why I'm dedicating this week to adding parsley to everything. It's actually not a go-to herb for me, so I'm changing that starting now! And I want you to help! Please let me know your favorite way for using parsley.

How are the scallions going? I've put mine into quick pickles with radishes, carrots, salad turnips, and kohlrabi. I've also put mine into Vegetable Pancakes (see cabbage on website for recipe, but make it with chard). And in tuna salad for a hiking trip and egg salad for a quick late lunch after Open Farm Day. They're so all-purpose!

Kohlrabi again, ugh or yay!?? A CSA member this weekend said that she loved the Pickled Kohlrabi sticks recipe from a couple weeks ago so much (and so did her kids) that she was ordering EXTRA kohlrabi to make it again. Other CSA members in our Facebook CSA member group are using kohlrabi as a substitute for lasagna. The trick is to bake it first to soften it up. I still have yet to try this, but sounds amazing! So a reminder on the trick to loving kohlrabi is to cut away the bottom root end about 1" up or less depending on the size of your bulb. Then PEEL it ALL the way down to the WHITE part. Don't leave any remnants of peel or they could taste woody.

And it's a big week for summer squash! After a trickle start to the harvest, which was fine, it's now booming! So you'll see all four kinds that we're growing in your CSA shares over the next few weeks: regular dark green zucchini, yellow straightneck summer squash, patty pan summer squash, and light green Lebanese zucchini. They definitely have their nuanced taste variations (my fav is the Lebanese!) but they can all be used interchangeably in recipes. So don't be worried, just eat up! I'll say that my favorite way to use it is Coconut Curry Summer Squash soup (found under s. squash).

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

### Summer Vegetable Strata

1 lb. summer squash/zuke, grated  
1-2 scallions, finely chopped  
1 bunch Swiss chard, shredded  
8 oz cheddar cheese, grated  
Parsley, chopped, to taste  
10 eggs, beaten  
2.5 cups milk

Salt to taste  
13 oz bread, cubed

Mix everything together and pour into buttered 9x13" dish. Bake at 350 covered with foil for 20 min. Remove foil and bake until set, 50-60 min+.