



What's in your CSA farm share!

Edible Podded Peas

(Jumbo Snow Peas)—

Store in plastic bag in fridge for up to 1 week. Remove the strings and eat raw or chop into a stir-fry! Entirely edible! Please do NOT shell these!

'Magenta' Summer Crisp

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

Summer Squash and/or Zucchini—Store in plastic bag in fridge for 1 week.

Beet Greens— Store in plastic bag in fridge for up to 1-2 weeks. All edible! Wash well to remove grit.

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

Green Beans—Store in plastic bag in fridge for 1 week.

Purple Kohlrabi—Store in plastic bag in fridge for 1+ weeks. Peel all the way down to the white interior.

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

Radishes—Store in plastic bag in fridge for 1 week. Greens are edible!



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

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Thank you
for your
support!

July 29, 2020—Summer CSA pick-up 5 of 16

Dear Members,

I love this time of year! When we get to the end of July and the beginning of August, the rhythm of the harvest season makes a marked shift. With the zucchini and summer squash having hit their stride, we are picking the fruits every 2 days, especially with it this hot, to keep them from getting too big. Beans are also in this week for the first picking, and we'll be picking them multiple times a week, too. All this means that we have officially turned the corner into the reign of the summer crops on the farm, in terms of weekly CSA share contents (you'll be seeing these friends often!) as well as our workload as farmers. And cucumbers will be up next! So get ready for them next week!

Over the course of the next few weeks, you'll be seeing all of the kinds of summer squash that we grow: a traditional dark green zucchini, a yellow and green bicolor summer squash, a light green Lebanese zucchini, and a yellow patty pan summer squash. They all have their unique flavors that are a little different from one another. All delicious of course! They all can be substituted for zucchini and summer squash in recipes, so don't be afraid to mix and match depending on what you have. I just love summer squash/zucchini! My favorite basic thing to do with it is to slice thinly (halving or quartering depending upon diameter) and gently sauté in butter, topping with grated parmesan as a side dish. Yum, yum, yum! I love summer squash so much I could (and do) eat it every day we have it in season!

And OMG green beans are here! I love them so much, especially steamed whole or chopped with butter and salt and pepper. Of course you can get fancy, as I sometimes do, by adding them to a stir-fry or a soup or blanched in a salad for hot weather, like my mom's Steak and Green Bean Salad recipe on the website.

Hello purple kohlrabi! It's so fun and festive! These are the cousins to the green ones you had a few weeks ago. Same concept, peel the skin all the way off and discard (sadly because the color is so awesome), trim the root end and discard, and chop according to recipe. I used my last ones simply cut into sticks with a dip, raw. They also go good in a salad, coleslaw, or cooked as in roasted, or stir-fried, or sautéed. Endless possibilities!

With your dill, try making a salad dressing or simply chopping and tossing with your salad greens. Or roast some veggies (how about kohlrabi, radishes, summer squash and green beans) and make a dill sauce to dip them into, as in the Roasted CSA Veggies with Dill Sauce recipe on our website. So fresh tasting!

Enjoy the veggies! We'll see you next week!

Lemon Dill Dressing

2 cups olive or sunflower oil

½ cup lemon juice

½ cup Dijon mustard

1-2 TBLS honey

2 tsp salt

½ tsp black pepper

¼ cup scallions, minced

1 bunch dill, finely chopped

Mix all ingredients in a quart jar and serve over salad, fish, chicken or cooked veggies. Store in fridge for 1-2 weeks.