



What's in your CSA farm share!

Purslane—Store in plastic bag in fridge for up to 1 week. Be careful not to crush, and use up quickly for maximum freshness.

'Concept' 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. All varieties are interchangeable in recipes.

The First Ripe Tomatoes—Store out of plastic bag at room temperature and eat up!

Cabbage—Store in fridge in crisper drawer for 1-2 weeks. Cover cut edge with plastic if not using all at once.

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

Cucumbers (slicing cukes and pickling cukes)—Store in plastic bag in fridge for 1+ weeks.

Carrots—Store in plastic bag in fridge for 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 to remove any grit before enjoying.



RIPLEY FARM

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Thank you
for your
support!

August 12, 2020—Summer CSA pick-up 7 of 16

Dear Members,

More hot weather with another round of 90 degrees! What a summer! Back in June when it was already so hot and dry we were very worried about our summer crops. Would they yield well enough? Would they die if we just did not get any more rain? We did not know what was going to happen. But, a couple months and a couple key thunderstorms worth of rain later and here we are and the “big six” are booming!

The essence of summer and the Summer CSA is these six summer crops: cukes, beans, summer squash/zukes, carrots, lettuce, and tomatoes. These will be here with us for the next few weeks until decidedly cooler weather puts some of them to an end.

And yes! Tomatoes are here! And after worrying if/how they would turn out, we are happy to report that our plants are HUGE thanks to the heat. Literally they are close to 4 feet high without any trellis or other support and bushier than we've ever seen them, loaded with green fruits that are just starting to ripen (fingers crossed!). Here is your first taste of the tomatoes, with hopefully many more in the coming weeks. Slice them up on a sandwich or salad to enjoy during this hot weather.

The cucumber plants are yielding well this week, and it looks like there will be more later, too. Did you make quick pickles? We did and we've already dug into our jar! Between that and cutting them up for salad, I used my entire ration from last week. Other ideas include cooking them! Peel, seed, and dice them into the Simple Cucumber Soup or even stuff and bake them. Check out our website for these ideas and more!

Members in our CSA member community group on Facebook have been going wild with ideas for summer squash/zucchini! Some of those ideas are grilling them, making little pizza bites out of summer squash/zuke rounds, baked zucchini fries, zucchini cake, zucchini parmesan cheese pancakes, zucchini ravioli or lasagna, zucchini chips, and I just resurrected my favorite summer squash/zuke soup recipe for you below. Plus I just realized that I haven't even broken out my spiralizer to make zoodles! Can you tell how excited I am about summer squash/zucchini season?

Need green bean ideas? Try the classic Green Beans and Almonds recipe on our website! Cabbage ideas? For summer we love Egg Roll in a Bowl and roasted Cabbage Steaks (both on the website). And here's purslane again! Try Tomato, Cucumber and Purslane salad on our website. That will be refreshing in this heat!

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

Coconut Curry Summer Squash Soup

Cooking oil

1 small onion, chopped

1 clove garlic, chopped

1 TSP curry powder, or to taste

1.25-1.5 pounds summer squash,
chopped

2-3 cups+ chicken, vegetable, etc. broth

Coconut milk, to taste

Juice of ½ lime, or to taste

Salt and pepper to taste

Basil, chopped, for garnish (optional)

Sauté onion until translucent in oil. Add garlic, curry powder and summer squash, sauté 2 mins. Add broth and simmer until squash is tender. Puree. Add lime juice, salt, pepper, coconut milk. Top with basil in each bowl.