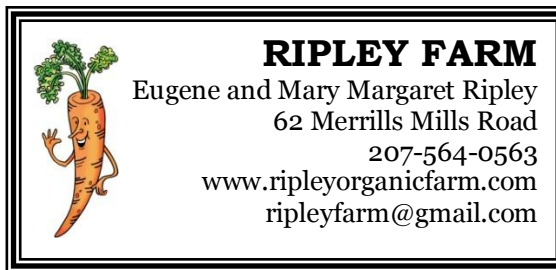




*What's in your
CSA farm share?*



August 14, 2013

Dear Members,

Mini Red Romaine

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.

Fresh Sweet Onions—Store in a plastic bag in fridge for up to 1-2 weeks. These are not dried, so do not store at room temperature.

Beets with beet greens—Store in plastic bag in fridge for up to 1-2 weeks. Keep the tops covered or they will wilt.

Cucumbers—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.

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

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.

Every summer there's a time that the garden goes 'pop'! At Ripley Farm, our summer gardens are so abundant and at the same time offer a bounty that's so fleeting. But, you can preserve the taste of summer for the winter! Get your green beans for freezing and making dilly beans! Try our 'Diva' cucumbers for making delicious Bread and Butter pickles! Next Wednesday we will be offering a pick-up of bulk vegetables for putting up. Email or call us for more details and place your orders by Monday, August 19 to put away some organic goodness for the winter. You can also order greens, like kale and swiss chard, for freezing or beets for pickling, etc. Let us know and we'll hook you up. ☺

Everyone will find a beautiful head of mini romaine lettuce in your boxes this week. This variety is called 'Breen' and has a distinctive dark red leaf coloring that is very attractive and has bright green midribs. Try a salad with 'Breen' lettuce and the lovely bunch of arugula that is also in your farm share this week. Arugula is a peppery green that is great chopped into salads and is a regular part of our mesclun salad mix. To prepare, wash well to remove any remaining field debris and chop the leaves (do not use the roots). Jericho, who works for us, makes a delicious arugula pesto, and I enjoy making a warm arugula salad. A Friday CSA member said that she used her arugula with beet greens and garlic to make a quick stir-fry!

Our first planting of beets has the best looking crop of greens on them that we've ever had during summer time and is still cranking out gorgeous red roots. Must be all the rain and cooler temperatures that we're getting... Don't neglect these beet greens, as they are an edible and delicious part of your farm share this week! Last weekend I made a cold beet salad with goat cheese and walnuts to take with us on our picnic to Moosehead Lake! Find this recipe and many others on the Beet page of our website's Vegetable Gallery.

Ripley Farm's cucumbers have seemed to come in all at once this year! Most people are not strangers to the cool, crisp crunch of cucumbers in salads, sliced with dips, and in relishes and pickles. But, many of you may not have tasted the mild, sweet, juicy flavor of cooked cucumbers! Peeled and seeded, garden fresh cukes are great in veggie stir-fries, gently sautéed in butter, stuffed and baked, and even in soups. This week I made a simple and easy soup using the cucumbers and sweet onions in my farm share. Check out the recipe below.

Have a great week!

Simple Cucumber Soup

2 large cucumbers, peeled, seeded, chopped
½ cup onion, minced
1 ½ cup chicken broth
½ cup sour cream
Salt and pepper to taste
1 tablespoon chives, minced (optional garnish)

Combine cukes, onion and broth in a sauce pan and simmer for 20 minutes or until tender. Puree until smooth. Blend in sour cream, and season with salt and pepper to taste. Either chill and eat cold or serve warm immediately. Top with chives.