



## What's in your CSA farm share?

**Carrots**—Store in fridge in plastic bag for 1 week. Tops are edible, too! Try them in pesto.

### 'New Red Fire' Leaf

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

### Fresh Red Onion

**Bunches**—Store in the fridge for 1 week. All edible! Use tops like scallions.

### Summer Squash and

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

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

**Asian Eggplant**—Store in the fridge in a plastic bag for 1 week.

### Green and 'Dragon

**Tongue' Beans**—Store in plastic bag in fridge for 1 week. Snap tops!

**Tomatoes**—Store out of plastic bag at room temperature. Eat up!



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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Please  
return  
your box!

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Dear Members,

Can you believe that we're already half way through the Summer CSA? Summer has gone by fast, school will be here soon, and so will favorite fall veggies! Speaking of summer slowing down, if you are thinking ahead to the Winter CSA program, listen up! We are opening up registration for the popular program on Friday and want to give you the very first heads up to join us for farm fresh veggies November through March. It's something to look forward to during the cold Maine winter!

But enough of that! Because it is STILL summer here on the farm and the crops love it. We just keep getting rain, which is amazing for bulking up fall crops and for keeping summer stuff going through the hot days. We cannot be thankful enough for the near constant rainfall we've had this year!

The tomatoes in the hoopouses are starting to ripen up, with big tomatoes as well as cherries in your shares this week. The field tomatoes are a little bit behind so we'll be looking for those to come in soon. Enjoy this early taste of the crop!

The very first harvest of onions is here for you this week. These are FRESH red onions with the green tops still on them. Aren't they gorgeous?? Don't forget that these are entirely edible, including the green tops which can be used like scallions. Red onions are awesome raw in salads, on sandwiches or on burgers, roasted with other veggies, grilled... the list goes on! Or try adding some into the recipe below for quick pickles. Full on onion harvest will be upon us in the next few weeks and from the looks of these beauties, it's promising!

It is peak bean week, with two kinds for you! Your standard green beans are here with the new, unique, and fun purple and yellow striped 'Dragon Tongue' beans. Aren't they cool looking? Yes, these are a fresh bean like the green ones. They are extra juicy and crunchy making them a fun choice for raw snacking. You can also cook them as you would green beans. Just know that the purple color does fade away when you cook them. Or with your red onion and carrots, try Joanna's Green Bean Salad!

The cucumbers have come in with a bang and you have a nice big pile of them in your share this week. Try making yourself an easy quick batch of refrigerator pickles as described below. Or did you know that you can cook cucumbers? They can be stuffed, put into soup or even sautéed on their own. Check out recipes for doing each of these ideas on our website. Or make a batch of Cucumber Yogurt Dip (Greek Tzatziki) or the amazing Crisp Cucumber Salsa. Enjoy the veggies!

### Refrigerator (Quick) Pickles

1 ½ cups water  
1 cup vinegar  
2 tsp sugar  
2 tsp salt  
3 cups cucumbers, speared or sliced  
**OR** enough snap beans to fill a quart jar standing upright

1-2 cloves garlic, peeled  
2 TBLS fresh dill, **OR** 1 tsp dill seed

Combine water, vinegar, sugar, and salt in pot. Bring to a boil and cool. Put cukes or beans in quart jar with garlic and dill and pour cooled brine over veggies to fill jar. Cover and refrigerate for at least 24 hours.