



*What's in your
CSA share:*

Lettuce
Red Onions
Cucumbers
Summer Squash
Tomatoes
Green Beans



*Pick-your-own herbs
and flowers:*

Thyme
Sage
Dill
Winter savory
Chives
Garlic chives
Basil
Parsley
Summer Savory

Cosmos
Bachelor's buttons
Black-Eyed Susan
Zinnias
Tithonia
Coneflower
Garden Phlox
Heliopsis -Summer Sun
Sunflowers
Marigolds

Sautéed Summer Squash with Cheese

2 Tbls butter or oil
1 pound summer squash, sliced into ¼ inch rounds
½-1 cup grated cheese (cheddar, parmesan, etc.)
Sour cream
Salt and pepper

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Dear Members,

Our tomato plants are cranking out the fruits now, especially the 'Big Beef' slicing tomatoes with their one pound fruits! You'll find a big bag of tomatoes in your share this week, all out of our new hoophouse. We're happy to have so many tomatoes to put in the shares right now, since it's turning into a bad year for tomatoes because of the many foliar diseases that hit tomatoes. We have a fair amount of disease on the leaves of our plants now, and have farmer friends whose plants have already lost all their foliage to disease. With our plants loaded with tomatoes and disease impending we'll be giving you tomatoes while we have them, in case we lose them early.

That said, we have tons of tomatoes right now, so if any of you want to buy a bulk amount for making sauce, now would be the time. They are slicing tomatoes, not paste tomatoes so they'll be juicy, but they're good. Let us know.

We had two piglets delivered to us yesterday that we'll be raising up for meat. They're very cute. One is red and one is black. It's hard to believe looking at them that they'll weigh over two hundred pounds by fall.

We loved raising our two piglets last year. They ate practically as much spoiled produce as we could give them. They chowed down close to a thousand pounds of cull carrots, beets, cukes, and summer squash last year! It's great to be able to turn all those veggies that would otherwise be wasted into meat. The animals pair perfectly with a vegetable farm. Between our pigs, poultry, and lambs pretty much all of our leftover or cull produce gets eaten.

The onions in your boxes this week are a variety called Redwing that we like a lot. Their tops are still nice and fresh for use as scallions. The bulbs themselves are delicious raw, sliced very thinly into a salad or onto a sandwich (they're a great addition to a BLT). One of my very favorite things when I was a kid was a toasted bagel with tomato and red onion on top and the whole thing smothered in melted cheese. Yum! The onions can also be used in place of yellow onions in any recipe.

Below is a very quick and easy recipe for the summer squash and zucchini in the share. This is our favorite way to eat summer squash. We like it with breakfast, but it makes a great side dish to any meal.

Have a good week!

Heat the butter in a large skillet over medium heat until hot. Add the summer squash in a single layer (you may need to do two batches), and cook for two to three minutes on each side until lightly browned and tender. Remove to a plate. Add salt and pepper to taste. Top with the grated cheese and a dollop of sour cream. Serve immediately.