



What's in your CSA farm share:

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

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

Swiss Chard—Store in plastic bag in fridge for 1 week. Keep all leaves covered or they will wilt.

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

Green Beans— Store in fridge in plastic bag for 2 weeks.

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

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

Red Ripe Tomatoes— Store at room temperature and eat them up real soon!



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.



RIPLEY FARM

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Return
your box
next
week!

August 22, 2014—Week 8 of 16

Dear Members,

On our counter we have a wildly bubbling jar of lacto-fermented curried carrot sticks, a product of Sunday's Sauerkraut Bonanza here at the farm! We had a good turnout at Mary Margaret's first ever on-farm class, and the fun didn't stop with sauerkraut as evidenced by our carrot sticks. If you missed the class but want to try your hand at the tangy transformation of veggies through lacto-fermentation, then check out our website's Vegetable Gallery. Under 'Cabbage' and 'Carrots' you'll find the recipes for the two ferments we made in the class. The sour 'n' spicy curried carrot sticks never last long since they are one of our very favorite snacks ever!

Speaking of our favorite foods ever, your share this week features all the fixings for what Mary Margaret says is the best salad on the planet! Basil, tomato and cucumbers with goat cheese and a homemade vinaigrette dressing! We eat this many times a week during Maine's oh-so-short season when these three crops are all fresh from the field! Check out the recipe for it below.

Fresh basil is great over many different types of salads, as well as on pizza or pasta. Besides pairing well with tomatoes, we also love it with summer squash, as in our website's recipe for Summer Squash with Basil and Garlic.

All the cool weather we've been having lately (isn't this August??) has really slowed down the ripening of many of our summer crops, but you've got a nice big bag of tomatoes in your share this week nonetheless. The tomato plants in our hoop house are in full production despite the unseasonably cold temps, and we're hoping that the forecast holds for a last stretch of hot weather next week to carry that strong production well into the fall.

When Mary Margaret's parents were here last week the first thing they did was head out to the garden to get some Swiss chard! They love to have cooked greens in the mornings with their breakfasts, especially fresh steamed Swiss chard! And we can certainly satisfy as our planting is still cranking out huge, dark green, melt-in-your-mouth tender leaves for our 85 member CSA in August! Are you a Swiss chard skeptic? So was one of our members until her friend told her 'You just don't know how to cook it!' Try it with the rib removed and steamed until tender, then served hot with butter, salt and a splash of your favorite vinegar. Yum!

Have a great week! It's hard to believe we're already halfway through the summer CSA—we hope you're enjoying every bite!

The Best Salad in the World

2 cucumbers, peeled and chopped
1-2 large tomatoes, chopped
Several sprigs of basil, chopped
1/2 cup soft cheese like chevre (or
homemade kefir or yogurt cheese)
4-6 tablespoons olive oil
1 tablespoon cider vinegar
salt to taste

Combine cucumbers, tomatoes, and basil in a salad bowl. Mix together remaining ingredients and pour over vegetables. Toss to coat and serve. Also try adding some optional additional ingredients like good quality black olives, avocados or crumbled bacon.