



What's in your CSA farm share!

Overwintered Yellow Onion—Store at room temperature for 2+ weeks.

Cucumbers—Store in plastic bag in fridge for 1-2 weeks.

Green Cabbage—Store in crisper drawer in fridge for 2 weeks.

Tomatoes: Cherry and Slicing—Store out of plastic bag at room temperature for up to 1 week.

Basil—Store at room temperature for up to one week. Use up quickly.

Summer Squash/ Zucchini—Store in plastic bag in fridge for 1-2 weeks.

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

Green Bell Peppers—Store in plastic bag or crisper drawer in fridge for 1-2 weeks.

Carrots (no tops)—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

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Thank you
for your
support!

August 24, 2022—Summer CSA pick-up 8 of 16

Dear Members,

The story of this past week or so has been the rain! Maybe you noticed it!? Sorry if it ruined any of your outdoor summer plans, but it was much much need on our farm. With two inches last week and almost an inch Monday night into Tuesday morning our farm is overjoyed.

The relentless heat with no rain is exhausting as much for the plants as it is for the farmers. And it's a wonder that we didn't have more crop loss this year due to it. Speaking of, though, there is no lettuce in the CSA shares this week due to the dryness and extreme heat a few weeks ago, breaking our many years' long streak of lettuce every week for the Summer CSA. Shed a small tear, and then move on, like I have to do, to all the great things we have this week that you can make salad out of! Like cabbage! And cucumbers! And tomatoes! And carrots! So there, that's like half your share, right? ☺ And Farmer Gene reports to take heart, lettuce will be back next week.

Speaking of salads without lettuce, for lunch yesterday I whipped up a sliced cucumber, cherry tomato, basil, and feta salad with a homemade balsamic dressing. It was loved by every member of our family, age 2 to 39. Try your own version! There's also the addicting Avo-Cu Salad that I've made many times this summer that I added to the website. So simple and so good! You can use any fresh herb you like with it as well.

Cabbage is a delicious veggie that I just love having fresh from the garden for its squeaky sweet taste. It's another veggie that you can make a lettuce-free salad out of. Lemony coleslaw is my go-to, but there are a couple other options on the website including another family favorite Red Coleslaw with Grapes (use green! It's okay I promise!) BUT this week is special. I plan to make Egg Roll in a Bowl with my cabbage and carrots. Why? Because we're going for our annual camping trip and it's a great one to have leftover while camping. Easy to reheat and enjoyed by the whole family.

Green peppers are new this week! They're great raw in salads, on pizzas as toppings, in homemade tomato sauce, in soups/stews/chilis, or in stir-fries as in the Mexican-inspired Green Pepper Stir-fry on the website. Or go with the lettuce-less salad theme and try the Green Pepper and Apple Salad also from the website. Should be more peppers where these came from in September! Get ready!

Fresh herb week, I guess! Dill? My constant go-to is an easy homemade dip for fresh veggies with sour cream, dill, garlic, salt, pepper. Mmmm! Going to use last week's kohlrabi with it for the trip. And basil? If you're stumped, pesto! Enjoy the veggies and we'll see you next week!

Creamy Zucchini Carrot Soup

- 1 medium onion, diced
- 3 TBLS butter
- 3 TBLS flour
- 1 cup broth
- 2 cups milk
- 2 med. zucchini/summer squash, grated
- 2 carrots, grated

Gently sauté onion in butter until tender. Add flour, cook 1 min, stirring. Add broth, milk, salt and pepper to taste. Bring to boil and add veggies. Reduce heat, simmer, while stirring, until veggies are tender. Serve warm.