What's in your CSA farm share:

Lettuce—Store in plastic bag in fridge for up to 1-2 weeks.

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

Tomatoes—Store at room temperature for up to 1 week.

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

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

Broccoli— Store in plastic bag in fridge for up to 2 weeks.

Summer Squash—Store in plastic bag in fridge for up to 1-2 weeks.

Fennel—Store in plastic bag in fridge for up to 1 week. Bulb and leafy fronds are edible, but discard tough stalks.

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 30, 2013

Dear Members,

It's beginning to feel a lot like….FA-ALL! Monday we held our inaugural Ripley Farm bulk carrot harvest of 2013! By Wednesday one side of our walk-in cooler loomed high with a pile of 25 pound bags of carrots ready for Crown of Maine Organic Coop. Yesterday we sold the carrots, but we've got more carrots and other crops to be dug in the coming weeks and we are looking forward to a busy and colorful autumn season.

It's not too late to get in on the abundance this fall and winter. We still have crops like beans, cukes, greens and roots available for bulk orders in the next few weeks. Let us know if you are interested in extra veggies to keep the adventure in seasonal eating going well past October!

This week features fresh basil. Basil and tomatoes make a perfect combo with so many great ways to use them together. One of our favorite ways to combine them is to make a Tomato-Basil-Avocado salad which can be found on our website's 'Tomato' recipe page. A CSA member sliced last week's tomatoes, spread on goat cheese, and topped with capers in place of dessert. Divine! Of course basil has no trouble standing alone as an herb, as in pesto, for example. Basil also combines well with other veggies besides tomatoes like summer squash. I make a delightful side dish by sautéing thinly sliced summer squash with garlic, olive oil and topping it with chopped basil. Yum! Find this option on our 'Summer Squash' recipe page of the website, as well.

Fennel bulbs are making their first ever appearance in Ripley Farm's CSA boxes. Sweet Fennel should not be confused with the dried spices of fennel and anise seeds. It is actually a gorgeous green and white bulb with feathery fronds that is eaten as a vegetable. The bulb is the part most commonly consumed, enjoyed raw in salads like the one in this week's recipe, or cooked in a variety of ways. Try fennel in a stir-fry with other vegetables, sautéed with a pepper, in a soup, or even caramelized. To prepare, cut away the fibrous stalks. Peel off the layers (or leaves) of the bulb, wash well, and thinly slice. The fronds are yummy, too; just mince up as a garnish for a soup or salad.

Fall is a great time to 'share the farm'! We've got a free CSA share giveaway going with a drawing next Monday. Check out the details on our website and let your friends know about it! Also, we had a lot of interest in the farm tour earlier this season so we're planning another one. Mark your calendars for Wednesday, September 18's 4:30PM opportunity to see what's goin' and growin' in the fall on our organic farm!

Have a great week!

Fennel, Apple and Pecan Salad
3 tablespoons buttermilk or plain yogurt
2 tablespoons minced onion or shallot
2 tablespoons olive oil
2 teaspoons balsamic vinegar
Salt and pepper to taste
1 fennel bulb leaves thinly sliced
1 large apple cored and thinly sliced
½ cup pecans, toasted and coarsely chopped
Chopped fennel fronds for garnish

Make the dressing by wisking together the buttermilk, onion, oil, and vinegar. Season to taste. Combine the fennel, apples, and pecans in bowl. Pour in dressing and toss to coat. Garnish with fennel fronds and serve.