



What's in your CSA farm share?

Fresh Carrots—Store in fridge in plastic bag for 1 week. Tops are edible—try making pesto out of them!

'Magenta' Summer Crisp Lettuce—Store in the fridge in a plastic bag for 1 week.

Green Cabbage—Store in the fridge for 1-2 weeks.

Basil—Store in fridge in a plastic bag for less than 1 week. Use in stir-fry!

Summer Squash and Zucchini—Store in plastic bag in fridge for 1 week. All kinds can be interchangeable in recipes.

Scallions (aka Green Onions)—Store in plastic bag in fridge for 1 week. Entirely edible! Try these on the grill whole!

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



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!

August 7, 2019—Summer CSA pick-up 6 of 16

Dear Members,

Happy August! It's hard to believe that here we are in August already, my favorite month of the year! It is not a coincidence that August also brings the height of summer favorites like summer squash, cucumbers, beans, basil and soon to be tomatoes. Spoiler alert: we've picked our first few cherry tomatoes... it won't be long!

The big news this week on the farm is the garlic harvest! Thanks to some extra help here on the farm, we managed to pull off getting all 4000+ bulbs out of the ground in one afternoon! That's a record that even Farmer Gene and his unflagging optimism wasn't sure would be possible. So huge congrats to the crew and we look forward to some delicious garlic once this stuff "cures" or dries down in our hoophouse.

New this week is summer squash! These plants took a hit with the cool temps back in May, but finally pulled around and are here in full force. During the summer you'll see a few varieties in your shares: regular green zucchini, bicolor yellow/green summer squash, yellow flying saucer-looking things called Patty Pans, and light green Middle Eastern-style green zucchini. Yes, they are all summer squash, and yes, they are all delicious, and yes, they all have their own distinct flavors, and YES! you can use them all interchangeably! So if you know what to do with zucchini, then you also know what to do with summer squash! A favorite recipe from last year was Coconut Curry Summer Squash Soup. Or try the basic Summer Squash with Basil and Garlic. Can't go wrong!

Cucumbers are also new this week. Here's your first taste of this year's crop. Cucumbers are delicious in salads of course, but don't stop there! We've got over 20 recipes for cucumbers on our website, so if you get stumped please don't forget to check there for our favorite ways to use them!

Many have been asking what to do with carrot tops. What I recently did with mine is making them into a pesto! Check out my latest blog post on the website for help: 'How to Make Pesto and What to do With It' or find the Carrot Top Pesto recipe under "Carrots" in our Vegetable Gallery of Recipes. You can throw your basil in, too!

Here is my go-to 'everything' recipe of the moment. It's easy to make and reheat! Top with sour cream, cheese, salsa, chips, or whatever! Enjoy the veggies!

Summer 'Everything' Veggie Chili

Cooking oil
1 bunch scallions, chopped
1 clove garlic, minced
1 pound ground meat, and/or 1-2 cups cooked beans of choice
1 tsp cumin
½ tsp ground mustard
½ tsp paprika
Cayenne pepper to taste
2 cups broth of choice (or more)
16 oz can of tomatoes, chopped
2 Asian eggplants, chopped

2-3 summer squash, chopped
¼ - ½ head cabbage, finely chopped
Basil, chopped for garnish

Heat oil in large pot. Add scallions, garlic, and beef if using. Brown until cooked through. Add beans if using, spices, broth, tomatoes, and veggies (except basil). Bring to a boil and simmer until veggies are cooked through. Garnish with basil. Serve warm.