



*What's in your
CSA share!*

Lettuce
Sweet Onion
Cucumbers
Summer Squash
Leeks
Carrots
Green Beans
Yellow Wax Beans
Beets



*Pick-your-own herbs
and flowers:*

Thyme
Sage
Dill
Winter savory
Chives
Garlic chives
Basil

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

RIPLEY FARM

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Dear Members,

We're thinning our fall storage carrots this week. They're a few inches tall right now, and once thinned out to sufficient spacing will continue growing into October, when we'll dig them and store them through the winter. We plant carrots a half dozen times over the course of the season to maintain fresh, sweet carrots for bunching every week. Other crops we make succession plantings include lettuce, salad turnips, radishes and mesclun salad mix. We plant these crops every single week from late May through late August to ensure a steady supply for our farmers' market customers. Others that produce over a longer period of time, like cucumbers and summer squash, we plant just a couple times during the summer.

And speaking of cucumbers, our first ones of the season are in the share this week. We grow familiar American-style slicing cukes, as well as a smooth-skinned, small-seeded European type called 'Diva'. These are deliciously crisp and sweet. I've had customers at farmers' market who tried them last year asking me for them all season.

Also new in the share this week are beets. We have several excellent beet recipes on our website on the 'Vegetable Gallery' page. They are very good roasted as well as steamed or boiled. We also like to caramelize them with onions (the sweet onions in the share are perfect for this) for a delicious side dish. If you think you don't like beets try the Caramelized Beets and Onions recipe on our website. It might make a convert out of you! The greens on these beets are still very nice and can be steamed up as a cooked green. Also the tops on the sweet onions are good to use just like scallions.

Along with the green beans in the share this week, you'll also find yellow wax beans. They're good used any way you would a green bean. The lettuce in your boxes is a mini romaine that we really like called 'Bambi'. It's crisp, sweet leaves are perfect for a summer salad or added to a sandwich.

You'll also find summer leeks in your boxes, a tender and flavorful treat. The stalk is edible, the leaves are not. I slice the stalk in rounds until I almost reach the base of the first leaf. I pull off this leaf and keep slicing, doing the same for the next couple leaves until the stalk peters out. Sometimes there is dirt or grit in between the leaves and stalks, so wash well. Leeks are great braised on the stovetop in butter with just a little water added. Boil them for five minutes covered, then five minutes uncovered to boil off the water. Put them in soup, especially cream of potato and leek soup (vichyssoise), or try the recipe below.

Have a good week!

Leeks Vinaigrette

1 bunch leeks
2 tsp red wine vinegar (or vinegar of choice)
½ tsp Dijon mustard
Salt and pepper to taste
1 Tbls olive oil
½ Tbls chopped fresh parsley (or other fresh herb)

Cut leaves off leeks, and slit halfway through each leek starting from green end, stopping 2 inches shy of the white end. Rinse in a bowl of water to clean. Add leeks to a pot of boiling salted water (5 cups water, 1 tsp salt) and simmer until tender, about 10 min. Drain. In a small bowl, whisk together vinegar, mustard, salt and pepper, olive oil and parsley. Drizzle over leeks. Serves 2-4.