



What's in your CSA farm share?

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

Green Summer Crisp Lettuce— Store in plastic bag in fridge for 1 week.

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

Fresh Garlic—Store at room temperature for 2 weeks. Just harvested and not fully cured so eat up!

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

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

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

Red New Potatoes— Store in fridge in plastic bag for 2 weeks. Roast or steam with skins on!

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 8, 2014—Week 6 of 16

Dear Members,

The first of our winter storage crops is harvested! An odd thing to say in the first week of August, but a few days ago we pulled our garlic plants and hauled them into the barn to dry and cure for eating deep into the winter months. But no need to wait for snow to enjoy the new crop—you'll find a bulb of the fresh garlic in this week's box. You'll notice that the papery outer layers of this uncured garlic are less dry than you're used to since the bulbs continue to mature and dry down in preparation for long-term storage after we pull them. You can use it just the same as fully cured garlic.

Garlic isn't the only vegetable on the farm that's got us looking ahead to months of good eating. With a bumper crop of summer cabbage and a love for all things fermented, we've been busily making sauerkraut, and we want to share the fun! We'll be holding our first ever on-farm fermentation class on Sunday, August 17 at 2PM. Join Mary Margaret and her sous chef (that's me) for a Sauerkraut Bonanza and take home a big jar of your own kraut along with the basic know-how to feed a highly addictive new hobby! ☺ I'll warn you that attending this class may transform your kitchen, leaving it looking like ours with jars of ferments happily bubbling away on every available surface! Let us know if you want to come to this awesome event, because our space is limited.

Cucumbers are one of our very favorite vegetables here at Ripley Farm, and in addition to their many terrific uses raw, we've also developed a passion for their mild, sweet, irresistible flavor when cooked. They are delicious quickly sautéed with butter, salt and pepper (with a little fresh parsley sprinkled over the top!). Or try them in the Simple Cucumber Soup recipe on our website. The recipe below is to die for served with grilled Italian sausage, and turns the cool cucumber into a full-blown entrée!

You'll find parsley as this week's herb in your boxes. I love parsley, and use it in all kinds of dishes. Sprinkled over a salad, or a cooked vegetable side (like steamed carrots or green beans) parsley adds a great splash of flavor. It's excellent in the Cucumber Yogurt Dip (Greek Tsatsiki) recipe on our website—a staple of our summer meals on the farm. Parsley goes great with potatoes (mashed with garlic and cheese!), fish, red meat, and eggs. Try a garlic-parsley cheese omelet for a great start to the day!

To ensure you have a great weekend, we put the first tomatoes in your shares today! See you next Friday!

Baked Stuffed Cucumbers

2 large cucumbers, peeled, seeded and cut in half lengthwise
3 Tbls butter
1-2 cloves garlic, minced
2 Tbls parsley, minced
¾ cup cooked rice
Salt and pepper to taste
¾ cup cheese of your choice, grated
1 egg yolk
2 Tbls lemon juice

Preheat oven to 350. Melt butter in skillet and add the garlic, parsley, rice, salt and pepper and sauté for 5 min. Remove from heat, stir in ½ cup cheese, egg yolk, lemon juice and fill cucumber cavities with mixture, sprinkling the remaining ¼ cup cheese on top. Bake in casserole for 25-30 min.