



## What's in your CSA farm share?

### Red Ripe Tomatoes—

Store at room temperature, NOT in plastic bag. Eat up quickly!

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

**Mini Leaf Lettuce**—Store in plastic bag in fridge for up to 1 week.

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

### Summer

**Squash/Zucchini**—Store in plastic bag in fridge for 1-2 weeks or at room temperature for short term.

**'Ailsa Craig' Fresh Sweet Onions**—Store in fridge in plastic bag for 1 week, keeping greens covered to prevent wilting. Greens and bulb are all entirely edible!

**Green Beans**—Store in fridge in plastic bag for one week.

**Carrots**—Store in fridge in plastic bag for 1-2 weeks. Remove greens for longer term storage.



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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Return  
your box  
next week

September 2, 2015—Summer pick-up 10 of 16

Dear Members,

Happy September...and it's 90 degrees! We are getting all the heat we missed in the early summer now as we edge closer to autumn. This late spell of hot weather is dictating the contents of this week's CSA share. All the heat-loving summer crops are continuing to produce well, with bumper harvests of tomatoes and squash still coming out of the field and hoop house. Meanwhile, our first planting of fall broccoli is ready a little earlier than expected, brought on by the warmth.

But the temperatures and humidity are wreaking havoc on our late summer lettuce plantings. Lettuce is a vegetable that can't stand the heat and will literally 'bolt' upwards into a towering inedible seed stalk if left too long in hot weather. We rescued this week's lettuce from such a fate by cutting mini heads of leaf lettuce for you today that were supposed to be ready next week as full size heads.

Also in your boxes this week are fresh sweet onions! These large, mild-tasting beauties are super juicy and sweet, especially since we harvested them for you in their fresh state with the green tops still attached. The beautiful green tops are also edible and can be used as scallions. We love sweet onion thinly sliced onto salad or on a burger, or of course cooked in any way you would a regular onion. Carmen is roasting a chicken surrounded by sweet onions and other veggies this week. Yum!

Even with this week's hot days the cool nip of fall is in the air now in the early mornings when we start harvesting. I love this time of year as we begin to turn our attention towards bringing in the big fall storage harvests to savor through the back half of the year. This is how I first fell in love with vegetable farming, as a college student in my early twenties. I spent a summer working on a farm on Mount Desert Island, and the satisfaction of bringing in the fall bounty of delicious organic veggies in the crisp fall air hooked me and there was no going back! Here I am eleven years later...

But don't get me wrong, while we still have hot weather and summer vegetables I'm loving every minute of it and trying to eat as much of these fleeting summer treats as I possibly can. ☺ Summer squash is one of my very favorite vegetables and here is a new recipe for it that we just tried for breakfast this morning with our scrambled eggs. Hope you like it, and we'll see you next week!

### Indian-style Red Lentils with Zucchini

1 cup red lentils, washed  
¼ teaspoon ground turmeric  
2-4 tablespoons cooking oil  
4 whole cardamom pods (or ¼ teaspoon ground)  
1 inch cinnamon stick (or 1 teaspoon ground)  
2 bay leaves  
½ teaspoon ground cumin (or whole seeds)  
1-2 cups finely chopped onion  
2 teaspoons fresh ginger root, minced  
3 garlic cloves, minced  
1 medium zucchini, chopped  
salt and pepper to taste

¼+ teaspoon cayenne powder

Bring 4 cups water and lentils to boil. Skim foam, add turmeric, and cook until tender, about 45 mins. Heat oil on medium in skillet, add cardamom, cinnamon, bay, cumin. Stir, add onions, & cook 15 min, stirring. Add the rest of the ingredients, ½ cup water, and simmer until zucchini is tender, about 10 minutes. Combine with lentils & check salt.