



What's in your CSA farm share!

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

Tomatoes (Slicing, Cherry, and Saladette)—Store out of plastic bag at room temp. and eat up quickly!

Sweet Red Peppers (and coloring-to-red peppers)—Store in crisper drawer (or plastic bag) in fridge for 1+ weeks. Leave the half green/red peppers out for a couple of days to ripen to fully red.

Chinese Cabbage (aka Napa Cabbage)— Store in plastic bag in fridge for 1+ weeks.

Mizuna Mild Asian Greens—Store in plastic bag in fridge for 1 week. Raw or cooked!

Carrots—Store in plastic bag in fridge for 1+ weeks.

Green Bell Peppers— Store in plastic bag or crisper drawer of fridge for 1+ weeks.



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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Thank you
for your
support!

September 23, 2020—Summer CSA pick-up 13 of 16

Dear Members,

Dare I mention the “F” word? No, not the four letter one (haha). On the farm, the *five* letter “F word” is frost! And it’s happened! It’s the normal time of year for us to see our first frost on the farm, but it is not so normal to see four frosts in a row with temperatures down into the 20’s in the late teens/early twenties of September. So that knocks out some frost sensitive things (basil, squash) and we did our best to cover what we could (i.e. peppers and tomatoes, yay!) so they have emerged mostly unscathed.

And all that is thanks to our Assistant Manager Robert and our hard-working crew members who were covering the farm late last week and weekend so our family could take a short vacation to Baxter State Park. We had a great time and it was good to get away knowing that our farm was in good hands.

Thank goodness for hardy vegetables! And from here on out we’ll all be celebrating fall (Happy Fall, by the way!) by eating the fall harvest! New this week are two fall greens Mizuna and Chinese cabbage. Mizuna is an Asian baby green with a very mild flavor suited to raw eating in a salad as well as light cooking in stir-fries or brothy soups (think added at the end to chicken or miso soup). Mizuna is a very hardy green that we also plant in our hoopouses for early winter harvest for our Winter CSA.

Chinese cabbage is a real treat on our farm. We only grow it once a year! This year’s crop is nice and beautiful despite the severe drought we’re experiencing on the farm. Personally, I find that amazing! Chinese cabbage is also known as Napa Cabbage and is a very tender, juicier, lighter green version of regular cabbage that can be eaten raw or cooked! It is also the traditional base in the popular fermented Asian Kimchi (see Cabbage Pickle/Asian Kimchi on the website for an easy recipe). Don’t knock it before you try it, as this stuff is deeeeelicious!

To save them from the frost, we’ve picked all the red peppers that were out there at the time for you! Red peppers are the sweetest treats this time of year! Some peppers are half ripe and if you leave them out at room temperature for a day or two, they will ripen to fully red. I love red peppers roasted, in a quiche/frittata, or raw in salads or with a dip. Or pair them with your tomatoes this week in a family favorite recipe Roasted Red Peppers and Tomato Soup or simply Roasted Red Peppers and Tomatoes. Hoping that our frost protection blankets worked well enough for the plants to keep ripening peppers. Fingers crossed! Enjoy the veggies! See you next week!

Chinese Cabbage Peanut Salad

1 head Chinese cabbage, shredded
2 cups+ carrots, grated
1-2 red peppers, finely chopped
½ cup onion or scallion, finely chopped
½ - 1 cup peanuts, chopped
Red pepper flakes, to taste

Combine above ingredients well.

Pour over a dressing of the following whisked together ingredients:

Juice of 1-2 limes
4 TBLS peanut butter
1-3 tsp fresh ginger root, minced
1-3 TBLS soy sauce
Apple cider vinegar, to taste
Salt and pepper, to taste
Olive oil for thinning, if necessary