



What's in your CSA farm share?

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

Pac Choi (aka Bok Choy)—Store in the fridge in a plastic bag for 1 week. Entirely edible!

Baby Mixed Lettuce Greens—Store in plastic bag in fridge for 1 week.

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

Yellow Onion—Store at cool room temperature out of plastic bag for 1-2 weeks.

Red Italian Frying Peppers—Store in plastic bag or crisper drawer in fridge for 1 week. Or leave out at room temp 1-3 days to fully ripen to red.

Cherry Tomatoes, Saladette Tomatoes & Plum (Paste) Tomatoes—Store out of plastic bag at room temperature.

Georgian Fire Garlic—Store out of plastic bag at room temperature for 1-2 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

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Please
return
your box!

September 25, 2019—Summer CSA pick-up 13 of 16

Dear Members,

If you are wondering, we had 33 degrees last week, but it didn't damage anything except the basil, thankfully! And now we've warmed back up and it feels like summer again, with temps over 80 degrees here this weekend. But the fall foliage is starting to turn regardless of the weather, and the farm is so beautiful!

Fall is here on the farm in terms of workload! Last week we began bulk harvesting our fall carrots for storage and got out our kohlrabi crop for winter. We've brought down our squash from the field and our onions are now cured. Here is your first taste of the yellow onions. These are huge! It looks like a good onion year for us! We received a surprising 2.5" of rain Monday night which ought to help bulk up the remaining fall crops still in the ground as well as give our cover crops a boost. Yay!

The lettuce drought is over with baby mixed lettuce greens for you this week. Fingers crossed for full size lettuce heads to be back next week! Also back from the spring is pac choi (aka bok choy) which can be used either raw in a salad or cooked into a stir-fry with your onion, red peppers and garlic, maybe? Yum!

Last big week of broccoli! Hope you've been enjoying it! Broccoli is probably our hardest and most inconsistent crop to grow (right up there with beets and potatoes) so we're especially excited to have had it turn out well for you this fall. In addition to the recipe below (which by the way, is amazing!), you might try adding your broccoli to a frittata. I am in the mood for that kind of thing and it would be good topped with halved cherry tomatoes... I also really like the Asian Broccoli Salad recipe on our website. It's really yummy and is a good make-ahead option!

Are the carrots building up for you again? For me, they never do because all of us eat them raw as a snack. Sometimes my daughter and I have them with peanut or almond butter as a snack after her nap. Also I will put in a plug for the Carrot Hummus recipe on our website as delicious and a great way to use up a couple-few bags. You could even dip pepper strips or raw broccoli florets into it...

And wow, another big week of tomatoes! And it would be a good week for my Frost-Alarm Chili recipe that is on the website, which uses tomatoes, peppers, onions, garlic. Or even the Roasted Tomato and Pepper Soup. That stuff is so, so, so good! If you're already heating up your oven for other veggies... try that one, too! And remember that the "paste" tomatoes, aka the oblong ones, are drier than slicing tomatoes and would be good in sauces or soups. Enjoy the veggies!

Roasted Broccoli and Cherry Tomatoes

1½ lbs broccoli, cut into uniform florets
1 pint cherry tomatoes
½ cup onion, diced
1 clove garlic, minced
½ tsp red pepper flakes, optional
4 TBLS olive oil
Salt and pepper to taste
Parmesan cheese, grated to taste

Preheat oven to 450 degrees. Mix all ingredients except cheese together in a large bowl. Spread on baking sheet in an even layer. Roast approx. 20 min. , until broccoli stems are tender crisp. Top with parmesan. Serve hot.