



## What's in your CSA farm share?

### **Pac Choi (aka Bok**

**Choy)**—Store in plastic bag in fridge for 1 week.

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

### **Green Leaf Lettuce—**

Store in plastic bag in fridge for 1 week.

**Spinach**—Store in plastic bag in fridge for 1 week.

### **Red/Coloring to Red**

**Sweet Peppers**—Store in crisper drawer of fridge for 1-2 weeks. If not fully red, leave out at room temperature for 1-3 days to fully ripen.

### **Buttercup Winter**

**Squash**—Store at room temperature for 2+ weeks. Check weekly for signs of decay and eat up quickly!

### **Cherry Tomatoes/ Slicing/ Saladette**

**Tomatoes**—Store OUT of plastic bag at room temperature. Use up quickly!

**Carrots**—Store in plastic bag in fridge for 2+ weeks. Roast, soup, snack sticks, stew, oh my!



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

Thank you  
for your  
support!

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Dear Members,

We have news this week for you! And it's about how in this case, dreams really do come true. When we first saw our farm back in 2009, it was love at first sight. Gene saw the field full of clover and tall grass and knew that it was the right place for us to land in our search for a permanent home for our organic vegetable farm. At that time we immediately inquired about the vacant field to the west of the one we had just bought. The owners were in Connecticut and were never there and didn't have a house on it. We hoped, of course! And after unsuccessfully contacting them for years, we learned a couple of weeks ago that the property had gone on the market. And after 12 years our dream came true! On Friday we closed and now 17 more acres of fields and woods are part of our farm!

In other farm news, we got five inches of rain over the weekend. I say, never say "no" to rain, so we soaked it up, puddles and all! ☺ It's amazing to see how quickly plants respond to an abundance of moisture and we are ever grateful to be recharging the ground water on the farm after two straight years of drought. Nothing can take the place of a good soaking rain!

Now the winter squash is all under cover in our barn after curing in the sunshine for a couple weeks. Here's your first taste of the crop: Buttercup! Buttercup squash is a popular sweet, dry squash that is delicious roasted. The skin is tough, which makes it harder to peel, though not impossible. I've got numerous favorite recipes on our website for buttercup including a couple stuffed squash recipes and buttercup soup recipes (one with broccoli might be nice this week). Basic roasting technique includes: Cutting the squash in half lengthwise, removing the seeds, placing face down on a baking tray and roasting at 400 until fork tender. Then stuff, or serve plain with butter and brown sugar, or scoop out the flesh and use in a soup recipe. Or puree flesh with butter... So many options. I recommend just getting yours cooked, like now!

Here is the last planting of pac choi for you! I love pac choi in the high summer as well as in the fall. The mild crunch is always irresistible and goes well in a fall stir-fry with peppers, carrots, and broccoli. Or add it to a salad or slaw. Enjoy it!

Ideas for the end of summer favorites: North African Shakshuka (peppers and tomatoes) which Gene made for dinner this weekend. Yum! Or Roasted Broccoli and Red Peppers, one of my favorite combos! Both of these recipes are on the website.

Enjoy the veggies, and we'll see you next week!

### Greens Egg Scramble

2 Tablespoons cooking oil  
1-2 red sweet peppers, diced  
½-1 cup red onion, diced  
4-6 loosely packed cups of greens, spinach  
and/or pac choi, chopped  
Dried basil, oregano and/or thyme, to taste  
12 eggs, beaten  
1 ½ cups mozzarella cheese, grated

Heat oil over medium-high in large skillet.  
When hot, add peppers and onion and stir-fry until just starting to soften, about 3 minutes.  
Add greens and herbs and stir-fry 3-5 min until greens are wilted. Pour eggs over veggies, reduce heat to medium and stir occasionally until starting to set. Mix in 1 cup of cheese and cook until eggs are done. Top with remaining cheese and serve hot.