



What's in your CSA farm share!

'Mizuna' Baby Asian

Greens—Store in plastic bag in fridge for 1 week. Very mild Asian green great for salads and very light cooking.

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

Red Leaf Lettuce—Store in plastic bag in fridge for 1 week.

Green Cabbage—Store in plastic bag or crisper drawer of fridge for 1-2 weeks. If not using all at once, cover cut edge with plastic to prevent wilting.

Zucchini—Store in plastic bag in fridge for 1+ week.

Green French Filet

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

Cherry Tomatoes/ Slicing

Tomatoes/Saladette

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

Coloring-to-Red Sweet Peppers

—Store in crisper drawer in fridge for 1 week. Or leave out at room temperature for a couple days to ripen to all the way red.



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 8, 2021—Summer CSA pick-up 10 of 16

Dear Members,

How was your holiday weekend? We went on our annual camping trip to Baxter State Park! We look forward to it every year, and as usual it did not disappoint! We even saw a CSA member on the top of South Turner Mountain! Whoop!

It's easy to let a good diet rich in fresh vegetables slide when you're busy and especially when you're camping, right? This I was determined not to do! We brought veggies with us and were able to eat them with every meal! I made two dips ahead for cucumber, carrot, pepper, and salad turnip sticks. And we also brought along potatoes, green beans, cherry tomatoes, and garlic to make quick stir-fries! Yum!

We had a couple cooler nights this weekend and it is feeling a little fall-ish on the farm. We've planned to harvest the winter squash crop either Thursday or Friday, whichever day has better weather. That's a really fun, all day event that the crew looks forward to every year! It's so rewarding to see our hard work piled up in such beautiful colors. Oh, and there's the anticipation of the sweet TASTE of the squash, too! 😊

Even seasoned farmers like Gene get taken by surprise on the farm! This week it was the broccoli. It wasn't on Gene's radar as he thought it was for sure going to be ready next week, but as he checked it out yesterday, there it was bold, tall, and beautiful ready to pick for you! Enjoy the first taste of fall! I made the recipe below with some of mine. Or make soup (because, of course, I LOVE SOUP) or family favorite Roasted Broccoli and Cherry Tomatoes. Find these ideas and others on our website.

After a really good run this year, it is the last of the green beans and the zucchini! Hope you enjoyed them! I stayed up late last night freezing green beans with Gene while the kids were asleep. A fun farmer date? Sure thing! Nice to know where my food is going to come from this winter, that's the truth! And if you're like me and want to avoid going to back to the grocery store for your veggies this winter, be sure to join us for our Winter CSA program which starts in November and runs through March. We're still accepting memberships for pickup on the farm (Bangor is sold out).

Last night for dinner I made the Tomato, Fig, and Blue Cheese salad that was recommended to me by CSA member Brenda. And let me tell you, WOW! It was so good! Highly recommended, and check it out on the website under cherry tomatoes. Enjoy the veggies, and we'll see you next week!

Sheet Pan Meal with Veggies

Olive oil
Lemon juice
Salt and pepper to taste
Garlic, minced
Herbs like rosemary, oregano, thyme, etc.
Dijon mustard
Protein of choice (I used lamb chops)
1 bell pepper, sliced
1 zucchini, sliced into ½" slices
Handful of green beans, tops snapped

Broccoli, cut into small florets
Cherry tomatoes, halved

Briefly marinate your protein in 2 T olive oil, 2 T lemon juice, salt, pepper, garlic, herbs of choice, and 1 T mustard. Toss your veggies (except cherry tomatoes) with olive oil, a splash or lemon juice, salt, pepper, herbs of choice and roast on sheet pan for 20 min at 375 degrees. Toss veggies and add protein and cherry tomatoes. Roast another 20-25 min until done.