

**RIPLEY FARM**

Eugene and Mary Margaret Ripley  
62 Merrills Mills Rd  
Dover-Foxcroft ME 04426  
207-564-0563

8/17/11

Dear Members,

In the share this week you'll find cucumbers, lettuce, carrots, sweet onions, zucchini, green beans, and tomatoes! We typically store tomatoes at room temperature on our counter or somewhere else convenient, especially any that are not quite fully ripe. They also do fine in the fridge. Here's a recipe for a tomato salad that we really like that takes advantage of the cucumbers and sweet onions in your share as well:

- 2-3 tomatoes, chopped
- 1-2 cucumbers, peeled and chopped
- ¼- ½ cup sweet onion, minced
- 2-3 oz feta cheese or soft goat cheese (optional)
- 4-6 Tbls olive oil
- 1-2 Tbls cider or wine vinegar
- 1 tsp Dijon-type mustard
- 2 Tbls fresh herbs (dill, cilantro, etc.), minced (optional)

Mix tomatoes, cucumbers, and onion in a bowl, crumble the optional cheese over the top. In a separate small bowl or glass, mix the remaining ingredients to make a dressing. Drizzle the dressing over the vegetables, toss and serve.

I want to share a very interesting bit of news that I came across this week from the Environmental Working Group (EWG). The EWG tracks pesticide residue on fruits and vegetables and every year releases a list of their 'Dirty Dozen' and 'Clean Fifteen' based on how contaminated with chemicals each type of conventional produce is. The lists are really useful for shoppers, because they can help you make choices at the grocery store (or farmers market) of what to buy that is Certified Organic. They are available online at [www.ewg.org/foodnews](http://www.ewg.org/foodnews), and are handy to just stick on your fridge or in your purse. What I found most interesting on their website was the results of a study that found that elementary school children's body levels of organophosphate pesticides (one of the most toxic classes of pesticides) peaked during the summer months while eating the most fresh produce. However, only five days after switching to an all organic diet their bodies were essentially free of pesticides. Choosing organic really does make a big difference.

The rain that we got Monday night came to a full inch, which is the most we've gotten in many, many weeks and helped to balance out what has been quite a dry summer overall. It helped rain in our freshly transplanted perennials in a new garden we're building that those of you who pick up on the farm will notice right alongside the driveway as you pull up. We plan to offer pick-your-own cut flowers next year to our members on the farm from this new garden. Always having fresh flowers in the house really brightens things up!

Have a good week!