

**RIPLEY FARM**

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Dear Members,

In the share this week you'll find tomatoes, cherry tomatoes, sweet peppers, lettuce, carrots, cucumbers, cilantro, and a red onion. Cilantro is an herb that pairs excellently with tomatoes (as in the salsa recipe below) as well as with fish, fowl, and beef. The following recipe for cilantro sauce is good over any of the aforementioned meats, whether they are hot or cold:

1 bunch cilantro leaves, chopped (coarse stems removed)

½ cup mayonnaise

½ cup sour cream

1 tsp fresh lime (or lemon) juice

Pinch of cayenne pepper

Blend all ingredients until smooth and serve or refrigerate to chill.

Another excellent way to eat cilantro is to make an herbed butter with it. Combine 2 tbs minced cilantro with 2 tsp fresh lime juice, and ½ tsp grated or minced ginger. Stir this mixture into ½ cup softened butter, and then form the herbed butter into a 6" log on wax paper. Roll up the wax paper, twist the ends and refrigerate (or freeze). To serve, slice nice thick pats of the butter onto hot fish fillets or beef steaks so that the cilantro butter melts over them.

Here's a recipe for a fresh tomato salsa:

Juice of 1 lime (or lemon)

1.5 lbs. tomatoes and/or cherry tomatoes, chopped

½ red onion, chopped fine

1 small hot pepper, seeded and minced (or ¼ tsp chili flakes)

2-4 tbs cilantro, chopped

¼ cup green pepper, minced

3-4 cloves garlic, minced (optional)

1 tsp salt

¼ tsp black pepper

Mix all ingredients in a bowl and chill in the fridge for several hours or overnight before serving. This salsa is great with tortilla chips, with Mexican food, as a relish for fish, or on burgers in place of catsup.

Finally, if you're looking for any ideas for the sweet peppers in the share, they are good of course simply sliced raw with a dip (i.e. the cilantro sauce above), or stir-fried with sliced onion until both are soft and served either as a side dish or over sausage or kielbasa. They are also good in a main course stir fry with ground beef and other vegetables, or added to a chicken or vegetable soup.

Have a good week!