



## What's in your CSA farm share?

### Fresh Carrot bunches—

Store in plastic bag in fridge for 1 week.  
Separate roots from tops for best storage.

### Fresh Green Cabbage—

Store in plastic bag in fridge for 2 weeks.

### Green Leaf Lettuce—

Store in plastic bag in fridge for 1 week.

### Beets with Beet

**Greens**—Store in plastic bag in fridge for 1 week.  
Separate roots from edible greens for best storage.

### Summer

**Squash/Zucchini**—Store in plastic bag in fridge for 1 week.

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

### 'Hakurei' Japanese

**Salad Turnips**—Store in plastic bag in fridge for 1 week. Separate tops from roots for best storage.

**Garlic Scapes**—Store in plastic bag in fridge for 2+ weeks. Entirely edible, use like garlic!

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



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!

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Dear Members,

We had a very welcome one inch of rain that fell tenderly over the farm on Sunday. What a blessing that was! Remember when it rained all the time in the spring this year? Like especially every Saturday from April into June? Well, we do! But now after a good long spate of very hot summery weather, things were starting to get a bit dry out there in the crop fields. Thankfully a respite arrived for the time being.

The gears are changing up a bit on the farm in terms of harvests. Yes, we still have quite a bit of early greens and roots this week, including the last of the salad turnips for several weeks and the very last of the garlic scapes for the year. This week features the very first of the summer squash/zucchini and cucumber harvests. That in and of itself marks the start of what we call the "summer crops" which to be maintained at their best quality have to be picked regularly multiple times per week. Other summer crops that are coming verrrry soon are beans (like, think next week) and in a few weeks tomatoes as well. Zucchini and summer squash are interchangeable in recipes, just so you know. The yellow and green might have slightly different tastes but can be used in all the same ways! My favorite way to use them is to slice thinly, gently sauté in butter until tender and top with salt, pepper, parmesan cheese, and a minced fresh herb (think parsley this week!). An easy and delicious side dish if you ask me.

New this week is our very first cabbage harvest of 2025! And one of my most exciting moments of the year, actually! I love cabbage, and I LOVE the first cabbage for its tender, juicy, sweet, amazing taste! So Farmer Gene brought me down a monster cabbage this weekend and I made a fresh coleslaw right away with a quarter of it! Yum! I have 41 recipes for cabbage on our website so please check there if you are wondering what on earth to do with yours! <https://ripleyorganicfarm.com/recipes/Cabbage/> Or try, as one CSA member recently put it, the 'highly underrated' recipe below. Yum!

The first beets of the season and they're beautiful! I personally love to roast beets either by themselves or in a mix of other veggies on the tray. Roasted is the way to bring out the sweetness. Plus when you're done you can refrigerate the leftover roasted beets to save for topping a salad with some goat cheese or feta, parsley, and homemade salad dressing?! This summer I've been really loving fresh salads and putting in them whatever I have on hand. Easy for nights we're out swimming after work or hiking on Saturdays or when it is just too plain hot to cook.

Fresh parsley is a treat, and if it's more than you can use, feel free to chop and freeze yours for soups in the winter. Enjoy the veggies and we'll see you next week!

### Egg Roll in a Bowl

2 TBLS cooking oil  
3-5 garlic scapes or cloves, minced  
1 cup onion or scallion, diced  
1 pound ground pork  
½ tsp ground ginger or 1 TBLS fresh  
Chili flakes, salt, pepper to taste  
3 cups cabbage, shredded

2 cups carrots, grated  
2-3 TBLS soy sauce  
1 TBLS rice vinegar

Sauté onion and garlic in oil on medium until softened. Add pork and spices and brown. Add rest of ingredients and sauté until tender. Serve hot!