



What's in your CSA farm share?

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

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

Green and Red Mini-Bibb/Romaine

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

Coloring-to-Red Bell

Peppers—Store in crisper drawer for 1 week.

Green Bell Peppers—

Store in crisper drawer for 1 week.

'Sunshine' Kabocha

Winter Squash—Store at cool room temperature for 2-4 weeks. Check weekly for signs of decay and then consume quickly.

Sweet Onions—Store out of plastic bag at room temperature for 2 weeks.

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

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

Pac Choi (aka Bok

Choy)—Store in plastic bag for 1 week. Entirely edible!



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,

Last week we got another boon for the farm: two inches of much needed rain! The first real soaking in almost a month. It's amazing to see the quick impact on the farm that a good rain delivers in a dry year. With it now warm and very sunny for the foreseeable future that rain ought to carry us a while! Inexplicably, we're having a good year on the farm! I think the three rainstorms we did get in the last three months have been key to keeping things on track. Even the fall broccoli is coming in! So thankful!

Welcome to the real fall on the farm! We've begun our fall harvests in earnest now with the winter squash into storage and ready to eat! Your first taste of it is today and the 'Sunshine' kabocha squash will likely become a favorite if you haven't tried it before. Yes, it *looks* like a pumpkin, but boy does it taste creamy, sweet and delicious! Can you use it in pumpkin pie anyway? Oh yes!

My favorite way to use kabocha squash is to roast it and make the pureed soup below. In fact, I did just that this weekend. (Hey, Farmer Gene wanted me to taste the Sunshine squash to make sure it was ripe enough for you...!) To roast, cut the squash in half lengthwise, remove and discard the seeds, lay face down on a baking tray and roast at 400 degrees until tender. Then flip over the squash and scoop out the soft flesh and use in the recipe below or any other place that calls for squash or pumpkin puree.

This weekend I also roasted a ton of tomatoes on a baking sheet in the oven and then made an easy homemade tomato soup. I sautéed onions and garlic, then added the tomatoes (from which I removed the skins), broth, and basil, parsley and thyme from the garden. I simmered all of that for a few minutes, then pureed it, and added coconut milk to taste. Very easy and very good!

Pac choi is back! This is a welcome veggie at our house as it is easy to throw into a stir-fry. That's my favorite way to use it! Especially with peanut sauce over it. (Did you miss my blog post I sent on Friday? That's 1/3 cup peanut butter, 2 TBLS rice vinegar, 2 TBLS soy sauce, 2 TBLS maple syrup, 1 TBLS toasted sesame oil, 2 cloves minced garlic all mixed together.) But because it is mild and has a fantastic crunch it can be used in a variety of ways including braising, in soups, raw in salads/slaws, and grilled. If you are stumped, check our website's Pac Choi recipe page for ideas.

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

Creamy Squash Soup

2 ½ cups cooked winter squash flesh
1-2 TBLS cooking oil
½ cup onions, chopped
Salt and pepper to taste
1-2 cloves garlic, chopped
½ tsp fresh ginger, grated
¼ tsp each ground coriander, turmeric,
ground cardamom
½ tsp ground cumin
½ of 14 oz can of coconut milk

1 ¼ cup broth, chicken or vegetable
2 tsp apple cider vinegar

Heat oil in pot on medium heat and sauté onions until softening. Add all spices and stir 30 seconds. Add squash, coconut milk, and broth. Stir to combine then simmer 20 minutes. Add vinegar and blend. Thin with water, (or more broth or coconut milk) to desired consistency.