



What's in your CSA farm share?

Carrots—Store in plastic bag in fridge for 1+ weeks.

Red and Green Mini Bibb/Romaine

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

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

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

Green Cabbage—Store in crisper drawer or plastic bag in fridge for 2+ weeks.

Summer

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

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

Tomatoes—Store out of plastic bag at room temperature. Enjoy!



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,

Anyone else having a hectic week? With the end of summer upon us we are all busy with family visits and/or vacations and getting ready for school to start or even getting around to doctors appointments. All of that business can make it hard to finish up all of the farm share veggies before the next week's installment comes. I'm sure you can relate?! What do you have left to finish from last week? Last week we brought three CSA shares to the beach to eat up with 8-9 people, and I came home to the new week's CSA share with a few old green beans, a bit of broccolini, and zucchini/summer squash left from three shares. If any veggies are rolling over for you for the time being know that: (1) things will slow down and we'll all get into a fall routine; and (2) you can turn to easy preserving options to get it all finished up! You can do it!

If you consistently have summer squash/zucchini leftover, try freezing it. It's easy to slice, blanch 2-3 min, and freeze a bit of it in plastic bags for soups later. You don't have to do a big batch at a time. You can also grate it and freeze it in the proper amounts for your favorite zucchini bread recipe. Or try the easy member submitted recipe below for any extra you have this week.

I've gotten numerous reports that the quick pickle recipe from last week turned out well for members. Did you try it yet? If you have extra cucumbers or beans from this week or last week, quick pickle them! You can make just one jar at a time. It's that easy! I haven't gotten to it yet this year, because the cucumbers go so quickly for us. The children (especially my 3 year old) cannot get enough of them simply cut into sticks with dip. On our trip I took the easy way and bought a tub of sour cream and dumped in a garden ranch seasoning mix pouch. Mix-a-mix-a and voila, a dip that makes everyone devour any cut up veggies I put out. (Can it really be that easy? Haha)

Stir-fries continue to be a mainstay for me this summer. I keep thinking I will make a sheet pan meal; I will make blended soups (which I love); I will make lots of new recipes, rah rah. But when it comes down to it, it's a huge veggie stir-fry with rice and a protein for the win. Monday I made CSA member Lisa's homemade Teriyaki Sauce to put over a stir-fry. It was great! Mix up her recipe to go over a large stir-fry: ¼ cup soy sauce, ½ cup water, 1 T brown sugar, 1 T corn starch, ¾ tsp ground ginger, ½ tsp chili powder, ¼ tsp garlic powder, ¼ tsp black pepper.

And if you want to eat more veggies during YOUR fall/winter routine look out for an email on Friday about how to sign up for our upcoming Winter CSA 2026-27. We hope you'll join us for the fun and learning. Enjoy the veggies and have a great week!

High Protein Zucchini Bake

2 medium zuke/sum. squash, diced
2 TBLS onion, diced
¼ cup tomato, diced
¼ cup broth or water
3 eggs,
½ cup cottage cheese
Salt and pepper to taste

In skillet, cook zuke/sum. squash, onion, tomato and broth on medium until onion is translucent. In a bowl, mix eggs, cottage cheese, salt and pepper. Add zuke mixture to baking dish and pour egg mixture over top. Bake at 400 for about 20 min until golden brown.