



What's in your CSA farm share?

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

Curly Kale—Store in fridge in plastic bag for up to 1 week. Keep all leaves covered to prevent wilting,

Red Leaf Lettuce—Store in plastic bag in fridge for 1 week.

Green Oakleaf Lettuce—Store in plastic bag in fridge for 1 week.

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

Yellow Onions—Store at cool room temperature or in fridge for 2-4 weeks.

'Chieftain' Red

Potatoes—Store at cool room temperature in the dark for 2-4 weeks. All purpose!

'Sunshine' Kabocha

Winter Squash—Store at cool room temperature. Check weekly for signs of decay and then eat up quickly.



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!

October 11, 2023—Summer CSA pick-up 15 of 16

Dear Members,

Almost the middle of October and it sorta feels like fall? At least it certainly *looks* like fall around the farm with the beautiful leaves! But we've not yet had a frost, so we've not had a fire in our woodstove or turned off the outdoor water up at the barns or had to chip ice off of animal water bowls... So far it's been easy peasy!

Nevertheless, we've got a fall feeling share for your second to last Summer CSA of 2023! I cooked my first winter squash this past weekend (Delicata and Sunshine) and they were both good! Here is your first taste of the 'Sunshine' Kabocha-type squash we love. Nope, it's not a pumpkin! Kabocha squash has sweet, smooth, dense, dark orange flesh that has become popular with our customers over the years. The skin is a convenient orange color and pretty thin so it's a good for making pies as flecks of skin won't show. I adore pureed squash soup! It's THE highest purpose of squash in my mind. And as a consequence I have several variations of this kind of soup on our website, my favorite of which is a curried squash soup with coconut milk which is found under 'Delicata'. FYI you can use ANY kind of squash flesh in it, like sunshine. And of course, my seven year old daughter asked when I pulled the squash out of the oven this weekend, "Are you going to make chocolate cake with that?" Haha, yes we also have a great recipe for making a flourless chocolate brownie cake with winter squash flesh (any kind), recipe found under Acorn Squash on the website. My go-to for cooking the 'Sunshine' is the same as other winter squash: halve, scoop seeds, lay flat on baking sheet and roast at 400 until tender. Scoop the flesh out and bam! Soup! Cake! Mac 'n Cheese! Puree! Oh my! Or you can peel it and sub it in for butternut. So versatile!

Okay and now you're probably wondering what that cabbage looking thing is in your share this week. So it's not cabbage, as you might have guessed. It's radicchio! This vegetable is likely new for you unless you were in our Winter CSA a couple years ago! It's a hearty, bitter, crisp green in the same class as endive, chicory, and dandelion greens. It is complimented by fruit, nuts, and/or flavorful cheeses! It can be eaten raw as the centerpiece of a salad or added to salads in combination with lettuce. It's flavor can also be tamed by roasting or grilling with balsamic dressing. We have one recipe for it on the website which is a salad with apples (yum!) and hope you'll share what you do with yours please so we can all learn! Enjoy the veggies and we'll see you next week!

Roasted Squash, Radicchio, & Onion Salad

½ large Sunshine squash, peeled & cut into ¾" cubes

1 large onion, peeled & cut into wedges

½-1 head radicchio, cut into wedges

Olive oil, salt, and black pepper

½ cup walnuts, chopped

1/3 cup feta cheese, or to taste

1 TBLS balsamic vinegar, or to taste

Toss veggies with oil, salt, and pepper and spread single layer on baking sheet. Roast at 400 until softened and browning, 30-60 min, turning once or twice. Different veggies may finish and need to be removed from oven at different times. Cool roasted veggies, chop onions and radicchio to bite size, and toss with walnuts and feta. Drizzle with balsamic vinegar and serve.