



What's in your CSA farm share:

Carrots—Store in plastic bag in fridge for 1-2 weeks.

Japanese Salad

Turnips—Store in plastic bag in fridge for 1+ week.

Cauliflower—Store in plastic bag in fridge for up to 1 week.

'Harvest Moon'

Potatoes—Store at cool room temp in the dark or in plastic bag in fridge for several weeks.

Pac Choi (aka Bok

Choy)—Store in plastic bag in fridge for 1 week.

Coloring-to-Red Sweet

Peppers—Store in crisper drawer of fridge for 1-2 weeks. Leave out at room temperature for 1-3 days to fully ripen.

'Delicata' Winter

Squash—Store at room temperature for 2+ weeks. Check weekly for signs of decay and eat up!

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

Baby Bibb Lettuce—Store in fridge in plastic bag for 1 week.

Leeks—Store in fridge in crisper drawer. Clean well before use!

Parsley—Store in fridge in plastic bag 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!

October 13, 2021—Summer CSA pick-up 15 of 16

Dear Members,

We're in the thick of fall harvest though it doesn't feel like it! We've had a touch of frost, nothing more. No slogging around in lobsterman pants, rain jackets, and hats... hey, Tuesday was tank top weather! Our fall harvest is excellent, as you can tell. The contents' side bar is so full I'm having trouble fitting everything into the list!

This is our second to last delivery for the Summer CSA! Are you feeling worried about going back to the grocery store? The veggies don't look or taste the same as what you get in your farm shares! We have a few spots still left in the Winter CSA for pickup at the farm, so check out info about it and join us so you won't be disappointed!

This week we have another new variety of potatoes, Harvest Moon! They're dark blue/purple and when freshly harvested they look like all the other rocks that thrive on our farm! So it was interesting picking them up after the digger went through. They're pale yellow inside and are great for boiling and roasting. Let us know what you think! I've not even tried them yet 😊

New! Leeks are the most elegant veggie we grow on our farm, standing tall through the whole season with deep blue-green tops and white-to-pale green shanks. Leeks are a relative of onions, though have a nuttier taste and different texture. To prepare, slice the solid shank part in half lengthwise and rinse under running water to remove grit. The tops can be used for making broth. The classic leek recipe is Potato Leek Soup (recipe on website under potatoes), but leeks are great in soups in general, my go-to way of using them. I've got other yummy ways to use them listed on the website including Robert's favorite Melted Leeks that is great on pizza or topping pasta. Or try making Irish Colcannon with leeks, greens, and potatoes.

OR I recently saw the idea to try making colcannon with squash instead of potatoes! Wow, that's a new one for me! Speaking of, your winter squash this week is Delicata. These are the BEST tasting, so if they're new, you're in for a treat. The skins are thin and can be eaten if you choose, too. Basic roasting procedure is cut in half lengthwise, remove seeds, place face down on baking sheet and roast at 400 until tender. Serve with butter and maple syrup. Or slice and roast your Delicata perhaps with your leeks and then serve with greens like arugula and lettuce? There are some ideas for inspiration on our website!

The tender, peppery green Arugula is back from the spring! It's great in salads or wilted and topped with fish, or made into pesto for pizza or fish. Enjoy the veggies, and we'll see you next week!

Roasted Leeks & Mushrooms over Arugula

6 oz baby portabella mushrooms, sliced
1 med-lg leek, halved lengthwise & sliced
2 med carrots, thinly sliced
3-4 TBLs olive oil
Salt and pepper to taste
1 bag arugula greens, coarsely chopped

Preheat oven to 425. Toss veggies other than arugula with oil, salt, and pepper on large baking sheet. Roast for 15-20 min, stirring once halfway through. Meanwhile mix following ingredients to make a dressing:

Juice of 1 lemon

¼ cup olive oil

Salt and pepper to taste

Put arugula in large bowl and mix in hot roasted veggies and dressing. Serve immediately.