



What's in your CSA farm share?

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

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

'Winter Density'

Romaine Lettuce—Store in plastic bag in fridge for 1 week.

'Georgian Fire' Garlic—Store at room temperature for 2+ weeks.

Green Cabbage—Store in fridge in crisper drawer for 1-2 weeks.

Leeks—Store in fridge in crisper drawer or plastic bag for 1+ weeks. Discard dark green leaves. Clean well before use.

'Nicola' Potatoes—Store at cool room temperature in the dark for 2-4 weeks. Low glycemic!

'Delicata' Winter

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

Green Tomatoes—Store in fridge to keep them green or at room temperature to ripen them up. Check for signs of decay and then use 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

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Thank you
for your
support!

October 18, 2023—Summer CSA pick-up 16 of 16

Dear Members,

Welcome to the last Summer CSA farm share of the 2023 season! How did it go for you? Are you already looking forward to another season in 2024 (we are!)? Or are you doing the Winter CSA for more of the same fresh and delicious farm fresh taste? I hope so! 'How did the rain affect you?' many have asked, and, to be honest, it was fine. Some things did better than normal, some did worse, and most things did just fine. We are grateful for a good harvest this season and for your support for our small family farm. Your membership supports our family, four full-time, year-round employees and a few seasonal employees. The best part is we ALL love doing it! Thank you!

The crew "flipped" our tomato greenhouse this past week. That means they pulled out all of the tired old tomato plants after stripping off any green fruits that were left (they're here this week!). And the soil has been composted, broadforked, raked and laid out to plant for next Spring's CSA greens. So, what do you do with green tomatoes?? Well, there is the classic Fried Green Tomatoes (recipe on website), as well as lesser known but equally delicious options of making salsa verde out of them. A CSA member recently shared making Green Tomato Pie (have not tried it yet).

Leeks are new for you this week. These are long flashy cousins of the humble onion. Though a relative, the flavor of leeks is nuttier than onions and the texture is firmer overall. There are many ways to use leeks, the vast majority of which involves cooking them. But the overarching key to success with leeks is knowing how to clean them well so you don't end up with small bits of gravel/dirt in your food. Here's how I do it: trim away the root end and the green leafy top (can save for making stock). Then I slice the stalk lengthwise all the way through into halves. Then I run each half under running water in the sink until all the grit comes out. Then slice across the grain for your recipe. I love leeks in soups, a la Potato Leek Soup (recipe on website), as well as in other chunky soups or pureed soups. You can also roast or grill leeks. Feel free to substitute leeks for onions in a lot of applications. A relevant and easy recipe on our website for this week's veggies is the Braised Leeks and Cabbage. Comfort food!

Enjoy the veggies and we'll see you in 2 weeks if you're in the Winter CSA and otherwise in 2024! Sign up will open in January 2024 for next year's Summer CSA ☺

Green Tomato and Leek Curry

3 TBLS cooking oil
1 tsp mustard seeds
1 tsp cumin seeds
¼-½ tsp chili powder
½ tsp turmeric powder
1 tsp salt
1 TBLS sugar
1 medium leek, sliced finely
1 ½ TBLS apple cider vinegar
2 TBLS peanut butter
1 lb green tomatoes, chopped finely

Heat oil in large skillet over med heat. When hot add mustard seeds and cumin seeds. Stir a few seconds until mustard seeds start to pop. Add chili powder, turmeric, salt, and sugar, and stir once. Add leeks and sauté for 2 min. Add ACV, green tomatoes, PB, and ½ cup water. Cook, stirring, for 10 min. adding more water if necessary to prevent sticking. Serve hot over rice.