



## What's in your CSA farm share:

**Mizuna (mild Asian greens)**—Store in plastic bag in fridge for 1 week.

**New England Pie Pumpkin**—Store at room temperature for 2-4 weeks. YES, it's edible! Check weekly for signs of decay and if found, cook promptly.

**White Russian Kale**—Store in plastic bag in fridge for 1 week.

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

**Nicola Potatoes**—Store in dark place at room temperature or in fridge for 2-4 weeks.

**'Detroit Dark Red' Heirloom Beets**—Store in plastic bag in fridge for 2+ weeks.

**Leeks**—Store in plastic bag in fridge for 1-3 weeks. Clean well before use!

**'Music' Garlic**—Store at room temperature 2-4 weeks.

**Broccoli**—Store in crisper drawer in fridge for up to 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!

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Dear Members,

Wow, how do you feel? It's the last week of our adventure in farm fresh veggies! Congratulations! Along the way you've eaten 75+ different varieties of veggies, many of which are not available at grocery stores!

You may have emotions right now, right?! Like dread of going back to the grocery store? Or relief that you won't have to work so hard to eat all those veggies? Or simply satisfaction of a job well done? We feel the same things! Your commitment to feeding yourself and your family healthy organic farm fresh veggies reminds us how blessed we are to live in a community that cares about its farmers. Thank you for your support of our farm, family, and 8 employees. And of course, we hope you're also feeling as excited about next year as we are! (Sign up opens January 2023 ☺)

This past week has brought us 5"+ of rain that would have been nice earlier in the growing season. But we're thankful to get it now to recharge the earth. One benefit is that the greens are super nice and abundant thanks to the recent moisture and mild temperatures. We pushed hard last Thursday to get all of our potatoes harvested before it got sopping wet. And we did it! All 5000+ pounds of them are IN!

Kale is back! Try it in soups (I plan to make the Tuscan White Bean, Sausage, and Kale Soup recipe on our website tomorrow) or even in pesto as a CSA member did with some of hers this past week. I always crave kale in the fall and have been eating it most days, usually simply steamed with butter and balsamic vinegar. Our kids will eat it up like that easily. (I do think it's the balsamic, though, haha!) And don't forget kale pairs excellently with beets. Roast the beets or boil and chop them. Then toss with raw massaged kale leaves or steamed kale and a dressing and feta or goat cheese. Yum!

Leeks are new! They are a cousin of onions with a firmer texture and nuttier taste. Classically they are put into potato leek soup (which you can do this week!), but there are many other great ways to enjoy leeks. The trick is making sure you clean them well: Trim the root end and the leafy tops (reserve tops for broth making). Slice lengthwise. Rinse between the layers to remove grit. Slice crosswise for your recipe.

And to celebrate the season, we've got a cute little New England Pie Pumpkin for you today. Make a pie or other favorite pumpkin recipe with it or try one of our savory ideas on our website or below. Simply halve, remove seeds, and roast at 400 face down on a baking sheet until tender. Scoop out flesh and voila! Pumpkin puree!

Enjoy the veggies! See you in two weeks for the Winter CSA, or else next year!

### Simple Savory Pumpkin Spoon Bread

2 cups buttermilk or milk  
3 TBLS butter  
2 TBLS fresh sage, chopped or 1 TBLS dried  
1 tsp salt, + pepper to taste  
1 cup cornmeal  
1 ½ cups roasted pumpkin flesh  
½ tsp baking soda  
3 eggs

Sweetener of choice, optional

Heat buttermilk, butter, salt, and sage just until boil. Remove from heat. Whisk in cornmeal. Let rest 5 min. Add remaining ingredients. Pour into greased 8x8 dish and bake at 400 until edges are set and center is just barely wobbly, 30-45 min.