



What's in your CSA farm share!

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

Beets—Store in plastic bag in fridge for 2 weeks.

'White Russian' Kale—Store in plastic bag in fridge for up to 1 week. Make sure to keep leaves covered and remove midrib before using.

'Chieftain' Red

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

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

'Delicata' Winter

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

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

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

Red Onions—Store at cool room temperature for 2 weeks.

Garlic—Store at cool room temperature for 2 weeks.



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 20, 2021—Summer CSA pick-up 16 of 16

Dear Members,

Congratulations! Today is the last Summer CSA of 2021! You did it! You got through the season of eating every week 8+ kinds of fresh veggies all grown organically on our small family farm in Dover Foxcroft MAINE! And every week there was something new to you or that you wouldn't normally buy at the grocery store. And you didn't give up. You chopped, sautéed, roasted, grilled, snacked and souped your way through eating more veggies than ever! Give yourself a huge pat on the back! We're proud of you!

We're proud of our little-farm-that-could, also. It started off to be a challenging season due to drought conditions. But, luckily, things finished off strong with lots of rain and mild temperatures making a cushy harvest and cover cropping season. Thank you so much for your support of our family farm. The upfront payment of your CSA share allows us to buy the supplies and hire the employees we need to bring all of this to you and the other 200+ Central Maine families. We're living our dream because of your commitment to local agriculture and knowing where your food comes from. That's such a special thing, these days, especially!

Interested in signing up next year? We'll send you an invitation around New Years 2022 with all of the details! Stay tuned! Thanks again for your participation!

New this week is red cabbage. It can be used interchangeably with green cabbage though with a darker color and a little bit stronger or different taste. I like it in slaws as in the Red Coleslaw with Grapes (recipe on website). It's also especially good roasted and has excellent flavor (better than green, report CSA members), so give that a try! To roast, quarter or 1/8 it leaving the stem in. Lay on baking sheet, drizzle with olive oil, salt, pepper, and roast at 400 until tender, about 30 min. While it's in there, peel, cube and roast some beets, too. They've been delicious that way and so easy to get my kids (5 and 1) to eat. I roasted mine recently with rosemary and then topped salads with them. Delicious! Or you could use the beets, red cabbage, potatoes, and carrots in a rousing version of Borscht. Good for the cooling off weather.

As I've said a lot of times, soup is my favorite food and after I finish writing this newsletter I'm off to put whatever I've got in my fridge (kale, potatoes, onions, garlic, carrots, cabbage) into a chili with beans and tomatoes that I froze from the garden. Have you ever tried putting veggies into chili? It's easy and gets you and the family eating more of them!

Enjoy the veggies, and we'll see you in November for Winter CSA or next year!

Stuffed Delicata Squash with Apples and Red Onions

1-2 Delicata squash, halved, seeds removed
1 med-lg red onion, sliced
2 large apples, peeled, cored, chopped
3-4 TBLS olive oil or butter or bacon fat
Salt and pepper to taste
Cheese of choice: goat cheese, feta, etc.

Preheat oven to 400. Put squash face down on baking sheet and roast until tender, about 30-40 min. Meanwhile, sauté in oil/butter/bacon fat until tender the onions and apples, stirring to prevent sticking. Add salt and pepper to taste. Remove squash from oven, stuff with apple mixture, top with cheese, and bake another 5 min. to warm through.