



What's in your CSA farm share:

Romaine Lettuce—

Store in plastic bag in fridge for up to 1-2 weeks.

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

Red Cabbage—Store in fridge for up to 1-2 weeks.

Kale—Store in plastic bag in fridge for up to 1-2 weeks. Keep all the leaves covered or they will wilt.

Buttercup Winter

Squash—Store at cool room temperature for up to 1 month. Check weekly for signs of decay and then use up.

Leeks—Store in plastic bag in fridge for up to 1 week. Wash well!

Garlic—Store loose at cool room temperature for up to 1-2 weeks.

Potatoes—Store in plastic bag in fridge for up to 2 weeks.

Dill—Store in plastic bag in fridge for up to 1-2 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 before enjoying.



RIPLEY FARM

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Return
your box
next
week!

October 2, 2013

Dear Members,

Congratulations! You are now equipped to celebrate National Kale Day, October 2, in style with a gorgeous bunch of White Russian Kale from Ripley Farm! Did you know that the average American adult consumes only six ounces of kale per year? Likely just through your farm share this summer you have beaten the national average!

Fall is a great time of year for growing kale, which really excels in cooler weather. In fact, after a round of light frosts, kale actually gets sweeter. So, October is the best time to get kale! The most basic way to prepare kale is to cut out the tough midribs and steam the leaves until tender and top with butter and salt and pepper. Also try sautéing the kale leaves with garlic. Or check out today's recipe for Colcannon, a traditional Irish recipe for leeks, potatoes, and kale all mashed together. Its very tasty and an interesting way to "Eat More Kale" ☺.

Yesterday we harvested our first fall red cabbage. With its attractive red-purple color, red cabbage has six times the amount of antioxidants of its relative, green cabbage. Stylish, nutritious, and delicious! Red cabbage is often shredded and is beautiful in a slaw with raisins or glazed with butter and red wine. Or try it with some local apples in our new favorite red cabbage recipe, Red Cabbage, Green Apples, and Crisp Bacon. Find this and other great cabbage recipes on our website.

Your winter squash this week is Buttercup. These orange fleshed, dark skinned fruits are wonderful simply halved, roasted at 350-400 degrees, and served with butter, salt and pepper as a side dish. Dress them up by stuffing and roasting them in a great seasonal recipe, Autumn Stuffed Buttercup Squash found on our website.

Fazed by the purple carrots? Don't be! Most people don't know that purple was the original color of carrots. It was only a few centuries ago that the now standard orange carrot was born. Ours are called 'Purple Haze' and they have a dark purple exterior that extends down about half way through the carrot surrounding an orange center. These are unparalleled sliced into salads or sautés. We were asked by the Crown of Maine Organic Coop to grow 1000 pounds for chefs all around New England. This is our first year growing 'Purple Haze' but it may have started a craze for this beautiful and unique vegetable!

You've got two herbs this week: dill and garlic. These two pair very well together actually in a Dill-Garlic Vinaigrette dressing that can be found on our website. Also try minced dill and garlic in your mashed potatoes.

With more perfect fall harvest weather ahead, tomorrow we have slated to finish the purple carrot harvest and dig potatoes. Wish us luck! Have a great week!

Irish Colcannon

1.5 pounds potatoes, peeled and chopped
1 bunch kale, midribs removed
1 bunch leeks, cleaned and sliced
½-1 cup cream
Butter
Salt and pepper

Boil potatoes until tender. Steam kale until very tender. Drain well. Cook leeks in cream until tender, about 5-10 minutes. Mash potatoes with leeks, cream, and then beat in kale until pale green and fluffy. Add butter, salt and pepper to taste. Serve piping hot!