



What's in your CSA farm share?

Parsley—Store in plastic bag in fridge for 1 week. Entirely edible!

'Delicata' Winter

Squash—Store at room temperature for 2-4 weeks. Check weekly for signs of decay and if found, cook promptly.

White Russian Kale—

Store in plastic bag in fridge for 1 week. Keep leaves completely covered to prevent wilting.

Green Leaf Lettuce—

Store in plastic bag in fridge for 1 week.

'Music' Garlic—Store out of plastic bag at room temp for 1-2+ weeks.

Purple Sun Potatoes—

Store in dark place at room temperature or in fridge for 2-4 weeks.

Scallions (aka Green

Onions)—Store in plastic bag in fridge for 1 week. Entirely edible!

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

Pac Choi (aka Bok

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



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,

It's decidedly fall now on the farm. With two hard frosts behind us, we're solidly into fall veggies this week for you! We've also begun in earnest our fall harvests, digging our first bulk potatoes and carrots last week. More harvesting to come the end of this week and beyond until it is all in and secure for the next two Summer CSA pickups and the looming winter-time.

And if you want to get in on the winter bounty from our farm because you can't imagine going back to the grocery store in 3 weeks, be sure to sign up for our Winter CSA program if you haven't yet. We're sold out in Bangor, but have a handful of spots left on the farm. It begins the first week of November! We'd love to have you join us!

Even though we had to say goodbye to some late summer favorites, I'm super excited for this week's CSA share for its autumn theme, given the recent turn of weather. I've already taken advantage of fall weather to make a huge winter squash soup that makes excellent (and fast and easy) accompaniments to just about any lunch or dinner we're having this week. And I made a delicious sheet pan meal with potatoes, fennel, garlic, and kale last night. Definitely hits the spot when our family comes in from doing evening chores as the sun sets and the temperature is dropping outside.

New this week is Delicata winter squash. If you've never had it before, be prepared for a new favorite! And what's unique about this one is that you can eat the skin on it. Yep, it's tender enough to do that which increases the diversity of ways you can prepare it. One popular way to prepare it with the skin on is to cut it in half lengthwise, remove the seeds, and then slice it into half-moons crosswise. Roast on a baking sheet at 400 and you have a beautiful and delicious side dish. Or dress it up with some greens into a salad like the one below. The most basic preparation of Delicata includes cutting it in half lengthwise, removing the seeds, and roasting face down (or face up) on a baking sheet at 400 until tender. Then serve with butter, brown sugar or maple syrup for an easy side. Yum! I've got many favorite recipes online for it, too.

Did you know that some die hard kale fans say that kale is really no good until it gets frosted?? So if you're a kale skeptic, NOW is the time to try it! The frost sweetens it up—so get ready! Steam it, soup it, shred it into salad, whatever you do, just remember to remove and discard those tough inner mid-ribs before cooking or eating. Trust me, you'll thank me. People give them to their dogs. Try it! Maybe yours likes kale ribs, too! Enjoy the veggies and we'll see you next week!

Carmen's Delicata and Kale Salad

Delicata squash, seeds removed and
chopped (with skin on)
1 bunch kale, midribs removed, torn into
bite size pieces
4 TBLS olive oil
1 TBLS vinegar
Salt and pepper to taste
Parsley, minced

Toss squash with a little oil & roast in
oven until soft at 400, 20-30 min. Whisk
together remaining oil, vinegar, &
seasonings and massage this dressing
into kale for 5+ min. Cool squash, add
to kale. Toss, garnish with parsley, and
serve.