



What's in your CSA farm share!

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

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

Coloring-to-Red Sweet Peppers—Store in fridge in plastic bag or crisper drawer for 1 week. Or to ripen to red, leave out at room temp for 2-3 days.

Red Leaf Lettuce—Store in plastic bag in fridge for 1 week.

Tomatoes—Store OUT of plastic bag at room temperature for up to 1 week. Eat up quickly!

'Sunshine' Winter Squash—Store at cool room temperature 2+ weeks. Check weekly for signs of decay and if found eat up quickly.

Green Curly Kale—Store in plastic bag in fridge for 1 week.

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

Fresh Spinach—Store in plastic bag in fridge for 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!

October 9, 2024—Summer CSA pick-up 15 of 16

Dear Members,

Whether or not we get a frost this week, it is now very fall feeling on the farm. The foliage brilliantly decorates the hedgerows. The cooler temperatures gave way to hats and jackets to bulk up the harvesters. The greenhouses are getting cleaned out this week to make way for hearty greens (spinach, kale, lettuce, and more!) to grow all fall, winter, and spring. The last of the summer crops in the field will be stripped of remaining fruit, mown, and cover cropped. The red onions curing in the greenhouse will be brought in for safe keeping for the months to come. And best of all, the veggies are coming out of the fields beautifully! It's a glorious time of year!

And what a glorious week of veggies you've got. The fall greens have another strong showing with lettuce, spinach, and green curly kale. With the kale, remember to cut away and discard the tough inner mid-ribs as they're tough to digest. You won't be surprised to hear that my go-to for kale is soup. Because you're right, if you've read any other newsletters you'll know that my go-to for just about anything is soup! This week you could try the recipe on the website for Cream of Broccoli-Kale Soup. But there are other perfectly legitimate ways to use kale which include simply steaming it with salt, pepper, and butter on top (yes this stuff is that fresh!) or making Kale Chips (recipe on the website). There's also massaged kale salads which are really good. Or if you want to hide the kale, try the Vegetable Pancakes recipe on the website. Kids love it!

Your winter squash this week looks like a pumpkin. So if you come back next week and say you loved the pumpkin in your CSA farm share I'll know you didn't read the newsletter. Haha, so if you get this far, it's not a pumpkin but a kabocha squash. Its dry-ish deep orange flesh is very sweet and delicious roasted as is with butter and optional maple syrup. To do so, cut in half lengthwise, remove seeds, place face down on baking sheet and roast at 400 until tender. It's also good made into a pie or puree as the orange flecks of skin don't show (hey, you wouldn't be like me and miss any, would you?). Of course I like mine in soup! ☺

The cilantro is doing amazing and is back for you again. Try making a pesto, a homemade salad dressing, putting it on eggs, soup, salsa, or garnishes on everything, including the squash recipe below. Enjoy the veggies and we'll see you next week!

Roasted Sunshine Squash w/ Peanut Sauce
½ medium Sunshine Squash
1 TBLS olive oil
Salt, to taste

Cut squash in half. Remove seeds. Cut in quarters. Cut into 1" strips. Peel. Cut into 1" cubes. Lay on roasting tray tossed with olive oil and salt. Roast at 400 until fork tender, about 20-25 min. Pour over the following sauce whisked

together. Garnish with cilantro and sesame seeds.

2 TBLS peanut butter
4 tsp coconut milk (or cream)
1 TBLS soy sauce
2 tsp rice vinegar
1 tsp honey
½ tsp fresh ginger, minced
Cilantro, for garnish
Sesame seeds, for garnish