



## What's in your CSA farm share!

**Green Cabbage**—Store in crisper drawer in fridge for 1 week.

**Red Sweet Peppers**—Store in fridge in plastic bag or crisper drawer for 1 week.

**Green 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!

**Summer Squash/Zucchini**—Store in plastic bag or crisper drawer in fridge for 1 week.

**Fennel Bulb**—Store in plastic bag in fridge for 1 week. Fronds are edible!

**Carrots**—Store in plastic bag in fridge for 1 week.

**Pac Choi (aka Bok Choy)**—Store in plastic bag in fridge for 1 week.

**Broccoli**—Store in plastic bag 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!

September 18, 2024—Summer CSA pick-up 12 of 16

Dear Members,

The delicious forecast from last week was true, and it feels like summer again on the farm! It was indeed great weather to cure the winter squash out in the field. The big project this week is to get the over four thousand fruits crated up and brought down to the barns for safe keeping for fall and winter eating.

Speaking of harvest! We're barreling down the list of fall harvest goals that Gene makes every September. Last week we started on carrots, and this week we'll do kohlrabi, cabbage, and more carrots. Its harvest in the early part of the week for our Summer CSA (that's you!), and then harvest more in the later part of the week for our Winter CSA (that's you?!) carrying on every week until early November! Except for the hardy winter greens from our high tunnels! Yay for (almost) year-round fresh salads!

The earth was very generous with this round of cabbage and Gene estimates it is the best cabbage we've had in our 15+ years of farming here! The smaller heads weigh 4 pounds and are every bit as juicy, green, and sweet as in your wildest dreams! Below is a CSA member recommended recipe, or try my over two dozen favorite ways to use cabbage listed on our website. Me? I got a 6 pounder a day early so I've already made this week's recipe (below), and am going to make a coleslaw for my 4 year old (her favorite) as well as unstuffed cabbage rolls, too!

There might be an unfamiliar item this week: fennel! And it's just a small portion this time for those of you who think you don't love fennel. But I encourage you to give it a try! In reality it is delicious and if you object to the taste, remember that cooking it definitely mellows out the licorice flavor especially if you cook it with other veggies. Like roasted with broccoli and cherry tomatoes!? I have many ideas for cooking it with other veggies on our website including Fennel and Tomato Soup, Roasted Fennel, Tomatoes, and White Beans, and Harvest Lentil Soup. To prepare fennel, remove the stalks reserving any edible feathery fronds which you can use for garnish or in salad dressings. Trim the butt end and quarter the bulb lengthwise. That way you'll see a triangular part of the core on each piece. Trim that out and then slice across the grain (crosswise) according to your recipe/desire. We hope you'll give it a try! Enjoy the veggies and we'll see you next week!

### Indian Spiced Cabbage and Fennel

1 tsp cumin seeds  
3 TBLS cooking oil  
1 large onion, sliced  
1 inch fresh ginger root, minced  
1 jalapeno, minced to taste (optional)  
1 tsp ground cumin  
2 tsp ground coriander  
½ tsp chili powder  
1 tsp Garam masala  
2 tsp tomato paste (or 1 cup tomatoes)

1/2 tsp salt, or to taste  
4-6 cups green cabbage, thinly sliced  
1-2 cups fennel, cored and thinly sliced

Heat cumin seeds in oil until they crackle. Add onion and sauté for 2 min. Add ginger and jalapeno for another 2 min. Add 2 TBLS water if sticking. Add spices and tomato paste. Cook for 6 min adding water if sticking. Add rest of ingredients, cover, and cook 15-30 min, stirring occasionally.