



## What's in your CSA farm share?

### **Pac Choi (Bok Choy)—**

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

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

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

**Tomatoes: Cherry and Saladette**—Store out of plastic bag at room temperature for up to 1 week.

**Iceberg Lettuce**—Store in plastic bag in fridge for 1 week.

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

**Coloring-to-Red Sweet Peppers**—Store in plastic bag or crisper drawer in fridge for 1-2 weeks. If not all the way red, leave out at room temperature for 1-4 days to ripen to all red.

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

**Jalapeno Hot Pepper**—Store in crisper drawer in fridge for 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 to remove any grit before enjoying.



## RIPLEY FARM

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Thank you  
for your  
support!

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Dear Members,

10 farm crew members (our 6 year-old homeschooled daughter included) + 7 varieties of winter squash x 1000's of fruits = a busy fall harvest day on Thursday at the farm! But we did it before there was any chance of frost, which wound up not materializing anyway (yay!), and the crop looks great! It's still got to cure and ripen up the last little bit before you'll see it in your CSA farm shares, but hold tight, it's coming! I know I'm excited! My two year old even remembers the glory because she said, "yummy yellow inside" when we were discussing cooking some to taste the crop.

Speaking of good eating! The weather has decidedly turned towards fall in a good way, cooler but not too cold yet. Fall favorites are here this week again like sweet red peppers in abundance, spinach again, and broccoli!!

Now who can get that excited about broccoli, right!? Well, we can at our farm! Why? Because it tastes soooo much better than grocery store broccoli and our customers often tell us that. It's also not the most reliable crop for our farm and in a dry year like this one we are beyond blessed to have much of anything for you, let alone beautiful heads like these. I know, it's hard to get beyond steaming fresh broccoli, adding a little butter and salt and pepper, and having the perfect side dish for just about any meal. My kids love it, no problems getting them to eat it that way. If you're looking for more ideas, try roasting yours with cherry tomatoes or red peppers as mentioned on our broccoli recipe page on the website. I also like to cut mine into very small florets and add it to a stir-fry which would be delicious with your pac choi this week.

Iceberg lettuce is brand new to us (well I think we tried it 13+ years ago... but that doesn't count, now does it?). It's not like the store stuff all shrink wrapped in plastic for who knows how long. This stuff was cut just for you yesterday, baby! You can tell it's fresh because it still has the loose frilly outer wrapper leaves that you don't see in iceberg from the store. And it's good, too! Enjoy!

Cilantro is back in the share and just in time for a batch of salsa! You've got tomatoes, garlic, and red + hot peppers to go with it! I like it on eggs for breakfast or get fancy and try Breakfast Migas (recipe on website). Or try the soup below with cilantro (and grilled cheese, anyone?). Enjoy the veggies and we'll see you next week!

### **Mexican Tomato Soup**

2.25 pounds tomatoes, chopped  
1 medium onion, chopped  
4 cloves garlic, peeled  
2 sweet red peppers, chopped  
1 jalapeno, chopped, optional  
Salt and pepper, to taste  
Olive oil  
½ tsp dried oregano  
Juice of 1 lime  
1 TBLS balsamic vinegar  
½ bunch cilantro, chopped

½ tsp ground cumin  
1 tsp ground coriander  
1 cup cream (or coconut milk)  
Grated cheese for garnish

Toss tomatoes, onion, garlic, peppers with salt, pepper, olive oil, and oregano. Roast at 450 for 25 min. Add rest of ingredients except cream and cheese. Puree until smooth. Stir in cream and warm through. Garnish with grated cheese, avocado, and/or more cilantro.