



What's in your CSA farm share?

Chinese (Napa)

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

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

Green Oakleaf Lettuce—Store in plastic bag in fridge for 1 week.

'White Russian' Kale—Store in plastic bag in fridge for 1 week. Keep greens fully covered.

Green Bell Peppers—Store in crisper drawer of fridge for 1-2 weeks.

Jalapeno Peppers—Store in plastic bag or crisper of fridge for 2 weeks.

Cherry Tomatoes/ Slicing

Tomatoes/Saladette

Tomatoes—Store OUT of plastic bag at room temperature. Use up quickly!

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

Garlic—Store at room temperature for 2+ weeks.

Red Onions—Store at room temp for 1-2 weeks.

'Adirondack Red'

Potatoes—Store in plastic bag in fridge or at room temp in dark for 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

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Thank you
for your
support!

September 22, 2021—Summer CSA pick-up 12 of 16

Dear Members,

Fall is so exciting because every week we have fun new things to do and everyone on the crew is happy! This week we harvested the first of the potato crop for you! Potatoes are such an unknown for us as they reside entirely underground and you just don't know how much is down there or what they look like until you start to dig!

A couple years ago we invested in a small one row tractor-pulled potato digger. And that piece of equipment is the most popular thing we have on the farm! Because it takes the very challenging job of digging thousands of pounds of potatoes literally by hand and turns it into easily picking up potatoes laying on the surface!

Here are our first ever heirloom Adirondack Reds, which are intense pink on the outside and pink on the inside! This is for you, pink lovers out there! And they're delicious, to boot. We've had them mashed, roasted and in a curry so far. Delicious!

It's salsa week on the farm! And if you don't have your own favorite recipe I want to share with you CSA member Jessica's easy version of Salsa Fresca to inspire you to just whip up a batch to enjoy all week! Here's how to make it: Add to blender/food processor the following: hot pepper to taste (we used ½ a jalapeno), garlic to taste, two large tomatoes, large handful cherry tomatoes, 1 medium onion chopped, 1 tsp cumin, chili powder and chili flakes to taste (we left them out entirely!), 1.5 tsp smoked paprika, 1 tsp Worcestershire sauce, juice of 1 lime + zest of half that lime, 1 tsp sugar, 1 tsp vinegar, 1 Tablespoon olive oil, 1 tsp salt, a pinch of pepper, and 1 bunch of cilantro! It's so good with chips or eggs in the morning, or in tacos/fajitas, so much goodness!

New this week is Chinese Cabbage, aka Napa Cabbage. These light green super crunchy, juicy and tender versions of cabbage are much prized at our house especially for making kimchi. We make a pretty big batch every fall! You can find a tutorial on how to make your own at my blog post here: www.ripleyorganicfarm.com/how-make-your-own-sauerkraut-or-kimchi. Chinese cabbage is also great in a stir-fry (see website) as well as the addictive Chinese Cabbage Peanut Salad recipe on our website. Try it, I bet you'll love it!

It is fall feeling now though we haven't been down even into the 30's yet.... Fingers crossed for a little more warmth for those tomatoes to keep coming! Enjoy the veggies, and we'll see you next week!

Spicy Chickpeas with Tomatoes and Kale

2 Tablespoons cooking oil
½ cup onion, diced
1 garlic clove, minced
1 inch ginger, peeled and minced
Jalapeno, minced, or chili flakes, to taste
Salt and pepper to taste
1 tablespoon curry powder, or to taste
1 tablespoon tomato paste
2 15 oz cans chickpeas, drained, rinsed
2 cups tomatoes, diced
1 cup water or broth

1 bunch kale, stemmed and chopped
¾ cup coconut milk
Cilantro, chopped for garnish

Heat oil in large skillet. Saute onion, garlic, ginger, hot pepper, salt and pepper for 4 min. Add curry powder, sauté 2 min. Add tomato paste, sauté 2 min. Add chickpeas, sauté 2 min. Add tomatoes, water, and kale. Simmer until kale is tender and liquid is reduced. Add coconut milk, cook 3-5 min. Garnish with cilantro.