



## What's in your CSA farm share:

### Japanese Salad

**Turnips**— Store in plastic bag in fridge for 1 week. Keep all leaves covered or they will wilt. These turnip greens are edible!

### Red Leaf Lettuce

— Store in plastic bag in fridge for 1 week.

### 'Satina' Potatoes

— Store at cool room temperature in the dark. All purpose!

**Garlic**—Store at cool room temperature.

### 'Delicata' Winter

**Squash**— Store at cool room temperature for 2+ weeks.

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

### Red Ripe Tomatoes

— Store at room temperature and eat them up real soon!

**Green Peppers**—Store in fridge in plastic bag for 1 week.

### 'Candy' Sweet

**Onions**— Store at cool room temperature.



Ripley Farm is a MOFGA Certified Organic farm and we spray no chemicals. Although we wash all our produce, we still recommend rinsing it 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

Return  
your box  
next  
week!

September 26, 2014—Week 13 of 16

Dear Members,

Okay, where to start? Things happen fast this time of year. For example, five of us scrambled around the farm at 100 miles an hour on Thursday harvesting all of the remaining frost sensitive crops ahead of the forecasted freezing temperatures. Our normal crew of three, Gene, Jean (our part-time employee has the same name), and myself, were joined by some amazing additional help from Gene's brother and his friend. Together, we harvested our winter squash crop as well as the last of the peppers and outdoor tomatoes. Tasters of each are in your share today.

And all of this rushing around was not in vain as we saw temperatures dip to 31 Friday morning. If you pick flowers and herbs today, you'll notice the frost damage on the zinnias and basil...blackened. So, welcome to fall on the farm! Fall is a time of abundance and celebration of the great harvests that will feed us during the cold and dark winter months. Yesterday we finished digging the last of our potato crop for fall and winter storage. Samples of the four kinds of potatoes that we grew this year should be in every CSA share from here on out. I wrote a blog this weekend about fall on the farm and our upcoming harvests, so check that out on the website.

We saved the sweet peppers for you! This year the bell peppers had trouble ripening to red, but they sure made that up in size! This week you've got humongous green bell peppers, literally the biggest we've ever grown. Ripley Farm has a great band of followers on Facebook and everyone made suggestions for using green peppers this week: raw in salads or snacks, or cut into strips and roasted with oil, salt and pepper, stuffed, or in salsa or omelets. The possibilities are endless for these last treats!

Remember the salad turnips from the early farm shares? Japanese white salad turnips are tender, sweet, and great eaten raw as a snack with a dip or in a salad. They're also wonderful sliced and gently sautéed in butter until tender or roasted! Last week when Gene's parents visited for dinner we made roasted Japanese salad turnips with sautéed turnip greens and garlic. Tender, juicy, sweet and easy! Find this recipe and several other salad turnip recipes on our website's Vegetable Gallery.

Delicata squash. Hands down our favorite winter squash. Others may come and go, but we grow the Delicata every single year because we love it's sweet, smooth flesh, personal size and festive exterior coloration. Cook your Delicata our way and you'll love it as much as we do: Cut it in half lengthwise, scoop out the seeds, place face down in baking dish, add ½ of water to the bottom, roast at 400 degrees until tender, about 30-45 minutes. All one sentence, I know, but it's just that simple. Serve hot with butter and optional maple syrup or scoop out the flesh from the skin, refrigerate and use in a soup or casserole recipe later. Have a great week and happy fall!

### Green Pepper and Apple Salad

*Great seasonal salad that I made with some local apples from the Common Ground Fair for lunch yesterday and was a hit!*

1 large green pepper, thinly sliced  
2 medium apples, peeled and thinly sliced  
handful of raisins or dried currants

Combine all ingredients and pour over the following dressing:

½ cup plain yogurt  
2-3 teaspoons maple syrup  
2 tablespoons lemon juice  
Salt to taste