



What's in your CSA farm share?

Chinese Cabbage (aka Napa Cabbage)—Store in plastic bag in fridge for 1 week. Entirely edible!

'Sunshine' Winter Squash—Store at room temperature for 2-4+ weeks. Check weekly for signs of decay and if found, cook promptly.

Tomatoes—Store out of plastic bag at room temperature and use up quickly.

Green Oakleaf 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.

Carrots—Store in plastic bag 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!

September 28, 2022—Summer CSA pick-up 13 of 16

Dear Members,

My friend recently asked me how it was going on the farm now that it is winter. Winter!? Fall has just begun! Clearly he is out of touch with the farm! But, yes, the season has decidedly changed even without the customary frost to usher it in. The leaves are starting their gorgeous coloration that is the hallmark of fall on the farm... Happy Fall! Enjoy! We certainly will, as we harvest, harvest, harvest 'til it is all done!

Late summer favorites like tomatoes and peppers hung in there for at least this week. Enjoy them while they're here! I made the Roasted Tomato, Fennel and White Bean recipe on our website (which was amazing by the way) which I figured could be adapted in many ways including by substituting sweet peppers for the fennel. Hannah's favorite Spinach Quiche is next on the docket at our house.

In honor of the leaf colors, here is your first winter squash. Nope it's not a pumpkin. It's a kabocha squash called Sunshine, and is well loved for its deep orange skin, bright orange flesh, and sweet taste. It goes well in pies as well as a host of other classic winter squash uses. I've got a whole 11 cup glass container in my fridge full of its roasted flesh, so I'm going to be busy! (Gene brought down two huge Sunshines for me to cook to see if they were ripe for your CSA share... and, yep!) I've only got one recipe on our website for Sunshine Squash specifically (a good one!): Roasted Pepper and Sunshine Squash Soup. But please use it in place of other squashes like buttercup, butternut, delicata, pumpkin, etc. in recipes. They're all interchangeable! I'm going to make a Coconut Curry Winter Squash soup (under Delicata on website). And I also plan to surprise my daughters with Winter Squash Brownie Cake (recipe under Acorn)! Yum!

Another new thing this week is Chinese Cabbage aka Napa Cabbage. It's the light green tall torpedo shaped leafy head in your share. Never tried it? It's a mild and very tender version of regular cabbage that is consumed often in Asia that typically cooks faster than regular cabbage. To prepare, shred or chop according to recipe—it's all edible! But, just going to tell you that this is the very nicest Chinese Cabbage we've ever grown on our farm (no, it's not the easiest crop normally), so if you're intimidated by the size of it, I understand! Do like Assistant Farmer, and veggie aficionado, Hannah Johnson, does: use it like lettuce in your salads or slaws! Or try my absolute favorite slaw recipe on our website Chinese Cabbage Peanut Salad. Chinese, aka Napa, cabbage is also common in stir-fries and other Asian foods like dumplings, pot stickers, kimchi, stuffed, and light soups. Enjoy the veggies and we'll see you next week!

Chinese Cabbage Stir-fry with Mushrooms

9 oz mushrooms, sliced

Cooking oil

1-2 tsp fresh ginger, minced

2 cloves garlic, chopped

½-1 large Chinese cabbage, thinly sliced

2 TBLS soy sauce

1 TBLS rice vinegar (or cider vinegar)

1 tsp sesame oil

1 TBLS sesame seeds

Sauté mushrooms in oil until softened. Add garlic, ginger, and stir 2-3 min. Add cabbage, soy sauce, and vinegar and stir-fry until tender 5-7, min. Mix in sesame oil + seeds. Add salt to taste.