



What's in your CSA farm share:

Carrots—Store in plastic bag in fridge for 2+ weeks.

Yellow Onions—Store at cool room temperature or in fridge for 2 weeks.

'Harvest Moon' Potatoes—Store in plastic bag in fridge for 2+ weeks.

'Tetsukabuto' Winter Squash—Store at cool room temperature for 2+ weeks. Check weekly for signs of decay and cook promptly.

Kale-ini—Store in plastic bag in fridge for 1-2 weeks. Entirely edible! Very sweet in salads or lightly steam it or stir-fry or soup!

Spinach—Store in fridge in plastic bag for 1-2 weeks. Super sweet!

Claytonia (aka Miners' Lettuce)—Store in plastic bag in fridge for 1-2 weeks. Great baby green for salads or very lightly cooked into a stir-fry at the end.



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!

April 19, 2023—Spring CSA pick-up 2 of 6

Dear Members,

As I write this the farm is getting what we call affectionately "April showers" and you know what that brings, right?! The snow is virtually melted off the farm, which is a huge milestone on our way to beginning our fifteenth season at Ripley Farm. The birds are back in full force, bulbs are coming up, seedlings are looking big and boisterous in our heated greenhouse, and the crew is busy transplanting more greens and things into the hoopouses for later in the Spring CSA. Spring has most definitely arrived!

While it's still too wet to get tractors and equipment on our soil, we are able to walk around and see the cover crops that were planted last fall greening up and growing. We see this year's crop of garlic peeking its new green leaves up through the straw mulch we put down last October. We see the perennial plants that we'll be digging in May showing signs of life, as well. And my seven year old daughter would like you to know that we had our first lamb born on the farm last week, a little red Katahdin ram that she named Clifford. Waiting for more lambs and baby goats to come soon!

This week you have a new winter squash called 'Tetsukabuto' which is a cross between a butternut and a kabocha type squash. It's dark orange, moist flesh is sweet, but not too sweet, and very flavorful. I roasted some recently and we ate it mashed with butter and salt and pepper, easy eating for us and the kids. Hannah said she made a squash puree for her Easter dinner guests and they loved it! The skin on it is quite tough so plan on roasting it first and then scooping the flesh out. The way I like to do it is to cut the squash in half lengthwise, remove the seeds, and bake face down on a baking sheet at 400 degrees until tender. Then scoop the flesh out to use in soups, purees, or other baking applications. Let us know what you think! This is our longest storing squash of them all and will be the last one until we hit September/October and the new harvest.

New this week is something that unless you've been in our Spring CSA before, you have likely never had nor even heard of: Kale-ini! It is one of the highlights of our spring season, as the overwintered kale (aka it was planted in the high tunnels last fall) is now going to seed, or as they say "bolting". But don't discount that, because it is super sweet and has super tender, juicy stalks with cute little flower buds bobbling on top. It's all entirely edible and great sautéed in olive oil with garlic. Try tossing them with pasta! All the related veggies (aka Brassicas) do this when overwintered including broccoli, kale, cabbage and turnips and have other names like broccoli raab or rapini. So enjoy them now, because they won't be back until next spring!

Enjoy the veggies and we'll see you in two weeks on May 2.

Kale-ini Breakfast Skillet

2 cups coarsely chopped kale-ini
2 TBLS cooking oil
1-2 cloves garlic, minced
2 TBLS onion, minced
4-6 eggs
3-4 TBLS parmesan cheese, grated

Heat oil in large skillet over medium heat. Add kale-ini and onion and sauté until wilted. Add garlic, stirring for 1 min. Crack eggs into skillet, sprinkle cheese on top, reduce heat to medium low, cover, and cook until yolks are set to desired firmness. Sprinkle with salt. Serve hot.