



## What's in your CSA farm share!

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

**Spinach**—Store in plastic bag in fridge for 1+ weeks. Rinse before eating.

**'All Blue' Potatoes**—Store in plastic bag in fridge for 2+ weeks. Great for boiling, fries, and salads.

**Kale "Napini" bunches**—Store in plastic bag in fridge for up to 2 weeks. Light cooking or stir-fry! Entirely edible!

**Parsnips**—Store in fridge for 2+ weeks. Simple ways to use include gently sautéed or roasted.

**Mini Red Butter Lettuce Heads**—Store in fridge in crisper drawer for 1+ weeks. Cut across at base to reveal a pile of baby lettuce leaves. Rinse before eating.

**Mizuna (Asian green)**—Store in plastic bag in fridge for 1+ weeks. Mild flavor that is great in salads or lightly cooked. Rinse before eating.



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 29, 2020—Spring CSA pick-up 3 of 6

Dear Members,

Who else is ready for it to stop snowing already? With snow on April 10, snow on April 22, and flurries this week, we are *ready* for spring to fully wrest a hold of the weather. On the positive side, Gene, who glues himself to the weather spring and fall, reports that the nights are about to get warmer which will help the soil warm up to be ready for planting in a week or two, and help the little plants in the high tunnels destined for your future Spring CSA shares grow big and strong! Yay!

How is it that we are already halfway through the Spring CSA?? Wow! Week three features a few new things including a new variation on kale (kale-ini, anyone??), blue potatoes, parsnips, and a mild Asian green called Mizuna! Let's start with the 'kale-ini', also known as 'napini'! It's like broccolini, but with kale! Actually it is how kale was traditionally eaten in Europe, overwintered and bursting forth with energy, life, and sweet flavor in the spring! And every part of these fresh bundles is edible: leaves, stems and little floret buds (just like the ones on broccolini). Try the whole thing chopped up in a quick stir-fry. Or throw the leaves into salad as you've been doing and add the chopped stems/florets to a soup! Let me know how you end up using yours!

Mizuna is a mild Asian green that is great in salads or lightly cooked in a variety of applications like stir-fry or soup. It's very tender so it doesn't take long! It was brand new in the Winter CSA this past fall and our members loved its fresh crunch! I've got only one recipe on the website for it so far (please share yours!!!), Mizuna, Kohlrabi, and Apple Salad, for which you could try substituting carrots for kohlrabi. Good stuff!

Spring CSA is heavy on greens, so if you're looking for other ways to get more of them in, try an "Everything Salad", inspired by a long-time CSA member. Chop greens and top with a dressing and a variety of things you already have to make a meal. Ideas are nuts, dried fruit, cheese, protein (hard-boiled egg, canned fish, beans, etc.), grated or chopped veggies of other kinds, chopped fruit and so much more! Enjoy!

Two new roots this week! Yep, potatoes that are blue outside AND inside! These were new last year and many love them for their excellent flavor and firm texture making them great for salads... maybe throw in with your "everything salad" above?? And parsnips, besides roasting... try the seasonal soup recipe below! Enjoy the veggies and we'll see you in two weeks on May 13.

### Curried Parsnip and White Bean Soup

2-4 TBLS olive oil  
1 medium onion, chopped  
1-3 cloves garlic, chopped  
1 tsp ginger, peeled and minced  
1 ½ pound parsnips, peeled & chopped  
1 apple, peeled, cored, and chopped  
1 tsp curry powder  
½ tsp ground cardamom  
3-4 cups broth  
Salt and pepper to taste

Coconut milk to taste (optional)  
1 ½ cups white beans, cooked & drained

Heat oil in pot. Add onions. Saute until translucent, about 5 min. Add garlic, ginger, parsnips, apple, and spices. Stir 1 minute to coat. Add broth, salt, and pepper. Bring to a boil and simmer until very tender. Puree. Add coconut milk and white beans. Serve hot!