



## What's in your CSA farm share:

**'Satina' Potatoes**—Store in a cool dark place or in the fridge for 2+ weeks. All purpose!

**Baby Kale**— Store in plastic bag in fridge for up to 2 weeks.

**Spinach**—Store in plastic bag in fridge for 1 week. Super frost-sweetened!

**'Bolero' Carrots**—Store in fridge in plastic bag for 2-4 weeks.

**Red Cabbage**—Store in the fridge for 2+ weeks. Cover cut side with plastic wrap to prevent drying out.

**Parsnips**—Store in plastic bag in fridge for 2+ weeks.

### Mini Red Butter

**Lettuces**—Store in plastic bag in fridge for 1+ week.



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.



April 3, 2019—Spring pick-up 1 of 6

Dear Members,

Welcome to the first ever SPRING CSA farm share! It's hard to believe that we are actually doing this! Offering veggies year-round is something we've wanted to do for a very long time, but it has not been on the table infrastructure-wise until this year.

Thank you so much for participating in our first ever trial of our Spring CSA program. You are superstar farm share members and we appreciate your support of our little farm as we learn and grow during a new "growing season"!

But with snow on the ground and cold temperatures still here, how do we do it?? Thanks to some new infrastructure including additional cooler space to store veggies as well as new high tunnels, we are able to have food available when we otherwise would not. The Spring CSA will consist of a fun mix of the hardest storage crops that have become super sweet and the hardest greens crops that can withstand cold night temperatures in the hoophouse. And this week is no exception!

From winter storage we bring you the last of our 'Satina' potatoes (my favorite variety of all time), the last of our red cabbage, some crazy good parsnips, and our signature super sweet orange carrots. And from the overwintered hoophouses we bring you spinach, baby kale, and all-new mini red butter lettuces! Whooooop!

The lettuce this week is a new variety that is mild and tender. It's pretty small leaved, so the best way to use it is to turn it on edge with all the leaves facing one direction and cut the butt off. Rinse to remove any grit. Then all the leaves will be loosened for easy use in a salad without further chopping. Get it? It's like a mini-salad mix head! Let us know how you like these as they are new to us.

Here's what I do every day with my beloved fresh spinach and kale: Just rinse, chop, dress and serve for an easy complement to a meal. Or I even top with chicken or a hardboiled egg for a fast complete meal! And of course the carrots don't last long at our house. We've been putting them grated into slaws and salads right and left. And parsnips? I think that I'll be making Parsnip and Carrot Soup later this week. Good time of year for soup! Speaking of, I'm teaching my last food class until I go on "maternity leave" next Thursday April 11 at 1:30pm at the Thompson Free Library in Dover on Veggie Soups 101. It's free and I'd love to see you there!

The crew has been planting things for the Spring CSA in the hoophouses this week. The warm sunny days are great germinating and growing weather in there! The difference in climate from outside the hoophouse (snow, ice, water everywhere) and inside the hoophouse (warm, greening up, with weeds coming up!) is astonishing. We look forward to sharing more with you this spring! See you in two weeks on April 17.

### Roasted Red Cabbage Parmesan Steaks

- 1 medium-small red cabbage head, sliced into 1/2"-3/4" 'steaks'
- 2 cloves garlic, minced
- 3-4 TBLs butter, melted
- 1/4-1/2 cup parmesan cheese, finely grated
- Salt to taste

Preheat oven to 400. Grease a baking sheet and lay the cabbage slices on in a single layer. In a small bowl combine the garlic, melted butter, and cheese. Spoon this mixture onto the cabbage steaks and spread it into an even layer. Sprinkle with salt. Roast for 15-30 minutes depending on thickness of slices and desired tenderness. Turn oven to broil for last 3-5 minutes. Serve hot.