



What's in your CSA farm share?

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

'Detroit Dark Red'

Heirloom Beets—Store in plastic bag in fridge for 2 weeks. Roast for maximum sweetness!

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

'Chieftain' Potatoes —

Store in plastic bag in fridge for 2+ weeks.

Green Cabbage—Store in crisper drawer in fridge for 2 weeks.

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

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Thank you
for your
support!

April 5, 2023—Spring CSA pick-up 1 of 6

Dear Members,

Welcome to your first week of Spring CSA, a journey through snow melt to high summer! We have a nice mix of spring greens and storage veggies for your tummies this week. It's the salads that have me especially praising springtime on the farm!

And snow melt is the story around here. After a mild winter with moderate snowfall, we have only a little bit more to melt to start seeing our crop fields again after months under cover. And just in time, too, as our seedling greenhouses are starting to fill up with little plants that will become big plants to go into the fields when they're ready. The hoopouses are filling up with greens planted just for you as Spring CSA members, too.

No doubt just about every week there will be something new that you've never tried before if you're new to our farm. And this week is no exception! We've got a delicate, micro-green-like green this week called Claytonia, aka Miner's Lettuce. This is a literal superfood being high in vitamins that is a wild food in some places in the country. It can be eaten raw or cooked and has a very mild, fresh crunch. I love it in salads and look no further, but it is very tender and can be added at the end to soups or stir-fries as well.

And have you checked out the Vegetable Gallery of Recipes on our website yet? If you're looking for inspiration on how to use the unfamiliar AND the familiar, be sure to check out www.ripleyorganicfarm.com/vegetable-gallery for hundreds of our favorite recipes for the veggies we grow. It's the number one resource that our CSA customers tell us helps them use their veggies!

It seems like the quintessential thing about spring is SALADS, right? Just this week we've had potato salad, green salad, and the warm salad recipe I'm sharing below. Remember that just about anything can be made into a salad for light eating as we head into spring. One of my very favorite salads is Viv's Beet Carrot Slaw with Greek Yogurt (recipe on website) which doesn't even use green stuff! Or roast your beets and toss them with any of the greens you have this week and a balsamic dressing. You will be addicted! Actually you could use everything in this share this week to make salad. Yes literally everything! I think we will be doing just that!

Enjoy the veggies and we'll see you in two weeks on April 19.

Baked Kale and Cabbage Salad

1/3 lb baby kale or 1 bunch kale, chopped
½ medium green cabbage, thinly sliced
1 small onion, sliced
Cooking oil
Salt and pepper to taste
¼ cup honey
2 TBLS water
¼ cup red wine vinegar
½ tsp dried sage
½ tsp dried rosemary

Spread cabbage/onion and kale on separate baking sheets. Drizzle each with oil, salt, pepper. Roast at 450 for 25-30 min for cabbage and 5-10 min for kale, stirring. Whisk together honey, water, and herbs. Heat on medium heat until slightly thickened, 1-2 minutes. Add salt and vinegar. Simmer 1-2 min more. Remove from heat. Stir. Toss with roasted kale/cabbage/onion. Serve warm.