



What's in your CSA farm share?

Cauliflower—Store in plastic bag in fridge or in crisper drawer for 1-2 weeks.

'Satina' Potatoes—Store in the dark at cool room temperature or in fridge for 2 weeks. All purpose!

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

Parsley (in a bag)—Store in the fridge in a plastic bag for 1+ weeks.

Curly Kale (in a bag)—Store in plastic bag in fridge for 1-2 weeks. Remove/discard tough inner mid-ribs.

New England Pie Pumpkin—Store at cool room temperature for 1-2+ weeks. Check weekly for signs of decay and cook promptly.

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

Garlic—Store out of plastic bag at room temp for 2+ weeks.

Spinach—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

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!

November 16, 2022—Winter CSA pick-up 2 of 10

Dear Members,

Running this farm is like managing a sports team. You never know what you're going to face until you get to the "game" so to speak. Last week it was 70 degrees, this weekend brought 3+ inches of rain, and Monday brought harrowing wind and freezing temperatures that freeze dried some of the produce still left in the field. So Monday, Gene's coursing around waiting until the temperature is warm enough to thaw out the kale, parsley, and cauliflower that we still needed to harvest. Our amazing crew had 90 minutes of thaw in the afternoon to get it all out before everything froze again. All hands on deck! And luckily here it all is for you in time for your Thanksgiving holidays!

The cauliflower is a curious thing. It was planted in time to come in for the Summer CSA way back in early October. But it never did. (Never can know why for sure... that's farming, folks!) And we waited and waited and thanks to the balmy early November weather it finally matured! Now, there are many options for cauliflower—make cauliflower rice, roast it, put it in soups. I made an amazing cauliflower and kale curry last week that we loved with rice and homemade naan bread! See below.

Pie pumpkins this week! Have you ever used fresh pumpkin flesh instead of canned to make your holiday pie? If not, give it a go! The flavor is really excellent. How to prepare your pumpkin: slice it in half lengthwise, remove the seeds and any strings. Place face down on a baking sheet and roast at 375-400 until knife easily pierces through. Let cool some and scoop out flesh. Viola! You've got pumpkin puree for your recipes! We're definitely making our version of pumpkin pie (on the website) for Thanksgiving with this pumpkin, as requested by our 6 year old who has planned the menu. Leftover flesh can be used in myriad ways including Pumpkin Spoon Bread (savory) or many pumpkin sweet treats.

Kale! Curly kale made it through the frozen windy gale with flying colors so here it is! Kale is one of the most hardy veggies that we grow and can actually overwinter in the field if the deer don't destroy it first (which sadly is what happens at our farm). To best enjoy kale, I always suggest removing the tough inner midrib on each leaf before preparing. You won't regret doing it.

Enjoy the veggies! See you in two weeks on November 30.

Cauliflower and Kale Curry

1 medium-small onion, chopped
4 garlic cloves, minced
1 TBLS ginger root, minced
Fresh or dried hot pepper, to taste
1 15 oz can whole or diced tomatoes
1 TBLS olive oil
1 tsp cumin
1 tsp coriander
½ tsp black pepper
½ tsp cardamom
½ tsp cinnamon
¼ tsp nutmeg

Salt and pepper, to taste
1 medium head cauliflower, chopped
1 ½ - 2 cups broth
½ pound kale, chopped
Plain yogurt

Blend onion, garlic, ginger, hot pepper, and tomatoes until well blended. Heat oil in large pot. Sauté onion puree, stirring 5 min. Add spices and stir 5 min. Add cauliflower and kale, coat with sauce, and cook 5 min. Add broth, cover, and cook until tender, 20-30 min. Garnish with yogurt.