



What's in your CSA farm share?

Romaine Lettuce—Store in plastic bag in fridge for 1 week.

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

Cilantro—Store in the fridge in a plastic bag for 1+ weeks.

Green Oakleaf Lettuce—Store in plastic bag in fridge for 1-2 weeks.

White Russian Kale—Store in plastic bag in fridge for 1-2 weeks. Keep leaves covered to prevent wilting.

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

Hakurei Salad Turnips—Store in plastic bag in fridge for 1-2 weeks.

Parsley—Store in plastic bag in fridge for 1-2 weeks.

Leeks—Store in plastic bag in fridge for 2 weeks.

'Purple Viking'

Potatoes—Store in plastic bag in fridge for 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

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Thank you
for your
support!

November 1, 2023—Winter CSA pick-up 1 of 10

Dear Members,

Welcome to the 2023-24 Winter CSA! We are excited to start our 12th season of Winter CSA with YOU as part of a group of 150+ families in Central Maine who care about where their food comes from. Our family is excited to get to know you!

Last Saturday on the farm was a record high 80 degrees and I called it summer. The next day, Sunday was fall. And Monday, it turned to winter, with an inch of snow falling on the farm! Our intrepid crew worked through challenging harvest conditions of rain, freezing rain, snow and sleet to bring you this week's CSA share. Brrrr! Thanks to everyone's dogged determination, we have wonderful fresh green things for you this week to compliment the favorite storage crops that we also have. Yay!

There will undoubtedly be new and challenging veggies for you in the course of this year's Winter CSA farm shares. I share tips, recipes, and general assistance here in the bimonthly newsletters to help you make the most of your veggies. I want to make sure you are aware of our most valuable resource: The Vegetable Gallery aka our online cookbook full of hundreds of our family's favorite ways to use seasonal veggies. Here's the link: <http://ripleyorganicfarm.com/vegetable-gallery>. Check it out for recipes organized by type of vegetable. I often refer to them in my newsletters here!

Salad turnips may be new for you. Before you turn your nose up at the mention of turnip, hear me out. They are not the same as the purple top storage turnips. As the name suggests, *salad* turnips are known for their tender, sweet raw eating quality! That's right, you can eat these babies raw chopped into salad, grated into slaw, made into sticks with dip, or simply out of hand like an apple. Or they're great lightly cooked in a stir-fry, gentle sauté, or roasted. Check out our website's recipe page for ideas!

Leeks are the long skinny white things with a blue-green fan on top. Leeks are a relative of onions with a nuttier taste and a firmer texture. They're prized particularly in soups like the Potato Leek Soup (recipe on website). Soups are my go-to for leeks and that's where they're going this week (see recipe below), but they're also great grilled/roasted with other veggies or "melted" aka caramelized on top of pizza or pasta. But as good as all that sounds, don't stop reading there. The trick to loving leeks is knowing how to clean them properly so that you don't end up with grit in your food. Trim away the root end and the dark green fan. Slice lengthwise the shaft and rinse under running water spreading the layers a bit to flush out any remaining dirt in there. Then slice crosswise or as per recipe. Enjoy these seasonal treats!

Enjoy the veggies! See you in two weeks on November 15.

Colcannon Soup

3-4 TBLS butter
1-2 cups leeks, cleaned and sliced
2-4 cups kale, chopped
3 cups potatoes, cut in $\frac{3}{4}$ " dice
3 cups chicken stock
1 bay leaf
1 tsp salt, or to taste
 $\frac{1}{4}$ cup heavy cream

Heat butter in heavy bottomed pot over med heat. Add leeks and kale and sauté until wilted and soft, about 10 min. Add potatoes, chicken stock, bay leaf, and salt. Bring to boil and simmer until potatoes are soft, about 20 min. Remove from heat, stir in cream, and serve hot. Blend for a pureed version.