



What's in your CSA farm share:

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

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

Baby Lettuce Mix—Store in plastic bag in fridge for 1+ weeks.

'Delicata' Winter Squash—Store at cool room temperature for 2-4 weeks. Check weekly for signs of decay and consume quickly if found.

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

'Long Pie' Pumpkin—Store at cool room temperature for 2-4 weeks. Check weekly for signs of decay and consume quickly if found.

Fresh Thyme—Store in plastic bag in fridge for 1-2 weeks. Or hang to dry.

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

'Nicola' Potatoes—Store in plastic bag in fridge for 2+ weeks. Lower glycemic potatoes great for everything especially home fries.



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 20, 2024—Winter CSA pick-up 2 of 10

Dear Members,

It's funny because my four year old is still getting a handle on the days of the week and the schedule and often asks, "Is it a CSA day?" (Because if you pickup on the farm after about 4pm, you'll know that my girls LOVE CSA day and saying "hi" to members!) And I explained to her that we are now on the ever-other-week schedule for the winter and she says, "Mama, but it's not *winter*." And how right she is, don't you agree? The weather has been so un-wintery and dry, very, very dry that it feels kinda strange. I can put my one year old in her soft leather-soled moccasins still even at seven o'clock in the morning to do chores!

And what that means for the farm is that we're still harvesting some of your greens from the open fields outside!!! That's a big win for everyone as we use our high tunnels to protect greens from snow and deep cold. So there's still a great collection of things growing in there going into December. Yay for greens in the Maine "winter"!

Speaking of greens, as usual, I'm big into salads. And a big homemade salad dressing win that would go well over this week's salad mix and spinach is a homemade Feta Vinaigrette dressing. Here's the recipe and I'm adding it to the website as well under lettuce for you (and me!) to reference later. Combine 4 TBLS each of lemon juice, olive oil, red wine vinegar with 1 tsp honey, 1 minced garlic clove, and ½ tsp each of dried oregano, Dijon mustard, salt, and ground pepper to taste. Then add about ½ cup crumbled feta cheese and blend. Y-U-M! Salads are pretty much every day here!

With Thanksgiving right around the corner, what plans do you have to include local veggies in your menu? An easy choice would be to cook this week's funny looking pumpkin as detailed below and use in your pumpkin pie recipe! Or pumpkin bread or pumpkin soup or pumpkin recipe of choice. Yes, the overgrown zucchini shaped thing in your share this week is in fact an heirloom Long Pie Pumpkin! It's a "utilitarian" pumpkin making it easy to scoop the seeds and to peel with no annoying ribs to peel around. Please remember if you are stumped on how to use your pumpkin to be sure to check out our online vegetable gallery of recipes for our family's favorite ideas.

And it's a winter squash bonanza week with 'Delicata' squash, too. If you've never had them before be prepared to fall in love with the smooth sweet flesh and thin edible skin of these family favorites. The easiest way to cook them is to slice them in half lengthwise, remove the seeds, and roast at 400 until tender. Or roast them in half moons and toss with a salad with balsamic dressing. You can go as fancy as you want to with these and they'll meet you there! Happy Thanksgiving and enjoy the veggies! See you in two weeks on December 4.

How to Cook a Pumpkin and Make Puree

1 pumpkin, cut in half lengthwise and seeds removed

Neutral oil, optional

Heat oven to 425 degrees. Rub flesh of pumpkin halves with oil (optional).

Place pumpkin halves on baking sheet

facedown. Roast until tender, aka a knife pierces easily through the skin and flesh. Let cool until easily handled. Scoop/scrape pumpkin flesh from skin, discarding skin. Puree flesh until smooth. Portion out the amounts you need for your recipes and refrigerate or freeze.