



What's in your CSA farm share:

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

Leeks—Store in fridge in the crisper drawer for up to 2 weeks. Nuttier than onions, though can substitute for. Clean well!

Brussels Sprouts—Snap sprouts off of stalk and store in plastic bag in fridge for up to 2 weeks. Trim bottom end and clean any bad leaves before eating!

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

Spinach—Store in a plastic bag in the fridge for up to 1-2 weeks.

German Extra Hardy Garlic—Store at cool room temp. 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.



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November 21, 2018—Winter pick-up 2 of 10

Dear Members,

What a contrast! Two weeks ago we harvested greens out of the field and now... Well, all I can say is a white winter has arrived very early at the farm!

But it's not a slow time of year for us! After racing to get the garlic planted and the last crops out of the ground before freeze up, we just wrapped up a busy weekend in Bangor at the Maine Harvest Festival. We had a great time showcasing the "veggies of our labor," with hundreds of bags of rainbow carrots (like yours!) going to good homes all around Central Maine. We had our best festival weekend ever and to top it off we got presented with a third place ribbon for "Festival Best in Show"! Whoa!

Speaking of being thankful... We are beyond thankful to be able to provide such beautifully deep GREEN spinach this week! It's been a harrowing November with January-like weather. We are reminded that we can't take anything for granted with winter farming. So, enjoy this sweet stuff this week! (Do I really need to inspire you to eat it?! Haha, try it raw thinly sliced in salad with some grated rainbow carrots, apple slices, and a basic vinaigrette dressing. It will not disappoint!)

And Brussels sprouts! Yay! Coming off of a droughty summer we are also not taking these babies for granted. And are you reluctant about Brussels sprouts? Try these! Last year they converted more than one skeptical husband, I've heard. Wink, Wink! My recent favorite recipe is the Maple Glazed Brussels Sprouts with Parmesan and Nuts. Want an even simpler recipe? Try the Basic Roasted Brussels Sprouts recipe also on our website. Or also use with your leeks in the recipe below. Enjoy this special treat!

New this week is leeks! If you've never had them before, leeks are a relative of onions with a similar pungency, yet a nuttier flavor with a firmer texture. The trick to leeks is washing them well to remove the grit in the layers. To do this, slice the stalks in half lengthwise and rinse under running water. Remember that the leafy green tops can be used in making broth! Of course you've probably heard of Potato Leek Soup? I've listed our favorite way to make it on our website. Yes, leeks are wonderful in soups (ahem, you could also try the Curried Carrot, Leek and Apple Soup), but also can be used in other ways including stir-fries, casseroles, and even in the Melted Leeks dish that Robert our Assistant Manager has turned me onto... He said, "Hey, google 'melted leeks'," and I was off! So far I've tried them in mashed potatoes and to top fish... Yum!

Hope everyone has a warm, safe, happy Thanksgiving with family and friends. Your homework? I want to know how you included your CSA veggies in your Thanksgiving meals! Let me know and we'll see you in two weeks on December 5th!

Roasted Leeks and Brussels Sprouts

- 1 pound Brussels sprouts, ends trimmed and halved or quartered
- 1 bunch leeks, cleaned well and coarsely chopped
- Salt and pepper to taste
- 1-2 cloves garlic, chopped, to taste
- 2-3 TBSL olive oil
- 1-2 TBSL balsamic vinegar
- Drizzle of honey, to taste

Clean leeks well by chopping off leaf and root parts, slicing lengthwise, and rinsing well under running water. Put prepared Brussels sprouts, leeks, and garlic on a baking sheet. Season with salt and pepper. Drizzle olive oil, vinegar, and honey on top. Mix thoroughly using your hands. Roast in 375 degree oven until tender, about 25 minutes, stirring occasionally to ensure even roasting.