



What's in your CSA farm share:

Salad Mix (Lettuce + Claytonia)—Store in plastic bag in fridge for 1 week.

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

Baby Kale—Store in the fridge in a plastic bag for 1 week.

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

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

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

Leeks—Store in fridge in crisper drawer. Be sure to clean well before use to remove any lingering grit.

'Adirondack Red'

Potatoes—Store in plastic bag in fridge for 2 weeks. Or at cool room temperature, NOT in a plastic bag in the dark.

Delicata Winter

Squash—Store at room temperature. Check weekly for signs of decay and if found, consume quickly.



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 29, 2023—Winter CSA pick-up 3 of 10

Dear Members,

After taking a much needed week off, we're back to the 'grind' here on the farm and ready for it! How was your Thanksgiving? Ours was great and many things on our table were directly from our farm. We were thankful! And we're still thankful to have another gorgeous bounty of hearty winter veggies for you this week #3 Winter CSA.

It's nice to have the high tunnels to pick greens in this time of year for multiple reasons. One: there is snow on the ground. And two: when the sun shines, it's nice and warm in there and your fingers don't lose dexterity when picking! I find myself reaching for the green stuff as much as possible and even slipping spinach into morning omelets. It doesn't need much encouragement to eat it given how fresh, crisp, and sweet it is... But in case you're looking for another fun dressing recipe to encourage you, here's a new one we tried over the break to much delight: 1/3 cup balsamic vinegar, 2/3 cup olive oil, 2 tsp Dijon mustard, 3/4 tsp salt, 1-3 minced garlic cloves, 2 TBLS cream, yogurt, or coconut milk. Blend, store in fridge, and triple for a full quart jar. Yum!

Your first cabbage of the season! Does cabbage excite or terrify or bore you? Cabbage strikes some kind of feeling in just about everyone! And guess what? I have sooooo many recipes on my website for cabbage for this exact reason! There really is something for everyone; so no excuses for not using yours! ☺ This time of year cabbage excels in cooked applications like soups or sautés or roasted. I also love a good wintertime coleslaw for which I have several options on the website including our family's favorite Lemony Coleslaw. Well, that's MY personal favorite. My 3-year old daughter's favorite is Coleslaw with Raisins. Other family go-to's for cabbage are Egg Roll in a Bowl and Unstuffed Cabbage Rolls. Easy to make and easy to use as leftovers (always my criteria, haha). Plus there's always sauerkraut or kimchi.... Curious? Tutorial is on the website; just search!

Leeks are up again! Gene reports that he got the most positive feedback about any recipe that we've given ever for the Colcannon Soup recipe I shared with the first Winter CSA share. So, if you didn't try it then, and are stumped by leeks, I highly recommend trying it now. A sure knock-out of the park! I'm putting mine into this week's soup recipe below. But really, leeks shine in just about any kind of soup as their nutty flavor adds so much. Do you remember how to clean them? Remove green fan-like tops and root end, slice in half lengthwise, and rinse under running water. You won't regret it. See you in two weeks on December 13.

Curried Lentil Vegetable Soup

3 TBLS cooking oil
1-2 leeks, cleaned and sliced
3 large carrots, chopped
3 cloves garlic, minced
2 medium potatoes, chopped
3-4 cups broth of choice
1 cup coconut milk, or to taste
1 TBLS ginger root, minced
1 TBLS lime juice, or to taste

1 TBLS sweetener of choice
1 TBLS curry powder
Salt to taste
1/2 pound spinach, chopped

Sauté leeks and carrots, 5 min. Add rest of ingredients except spinach. Simmer until desired tenderness. Add spinach and cook until wilted. Check seasonings and serve.