



What's in your CSA farm share?

Braising Mix/Salad Mix (Arugula + Kale + Mizuna + Tatsoi Greens Mix)—

Store in plastic bag in fridge for 1-2 weeks. Can be eaten cooked or raw in salads. All mild in taste.

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

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

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

Buttercup Winter Squash—Store at cool room temperature for 1-2+ weeks. Check weekly for signs of decay and cook promptly.

Scallions—Store in plastic bag in fridge for 1-2 weeks. Entirely edible!

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 2, 2022—Winter CSA pick-up 1 of 10

Dear Members,

Welcome to the 2022-23 Winter CSA! We are so excited to start our 11th season of Winter CSA with YOU as part of a group of 150+ families in the Central Maine area who care about where their food comes from and tastes like! Our family and employees are excited to get to know you through our shared love for healthy food!

It's hard to believe it is November as it hardly feels like winter is coming around the farm! The grass is still green and growing even. But no matter the weather now, we are ready for winter with your veggies! Almost all of the storage veggies are out of the ground safely, and the high tunnels are full of greens for weeks of fresh harvest!

And here we go! This week's share is no disappointment in terms of freshness, that's for sure! With it warm we've got access to a big diverse bag of greens for you that I'm calling a Braising Mix (or Salad Mix). This is a mix of arugula, kale, and two Asian greens called Mizuna (light green) and Tatsoi (dark green spinach-looking in appearance). These are all mild greens that can be eaten raw in a salad with a dressing OR cooked in any manner you see fit. Put them into soup, stir-fry, casseroles, or in the recipe below. Another way I like to use them is to sauté them with garlic and onion and then put an egg in on top and serve with toast for breakfast. Yum!

Buttercup squash is a New England favorite. Their dark orange, dry, sweet flesh makes them great for stuffing. Or try my favorite simple way of roasting them: Halve the squash lengthwise, remove the seeds, and place face down in a roasting pan. Roast at 400 until tender, approx. 45 mins usually. Serve a chunk as is as a side dish with butter and maple syrup or scoop out cooked flesh to use in a soup, casserole, or even a pie. Buttercups are similar to kabocha squash and can be substituted for them as well.

I want to make sure that you are aware of our best resource for using your CSA veggies. Why? Because even if you've been in the Winter CSA before, you are guaranteed to get something in your share that you've never tried before! Diversity is what it's all about! Our online "cookbook", the Vegetable Gallery at www.ripleyorganicfarm.com/vegetable-gallery is our customers' #1 resource that helps them use up their CSA veggies. So check it out! How to use it? Go there and find the veggie you're interested in learning more about. Then find our family's and customers' favorite recipes listed there to help inspire you! There are over 400 recipes there!

Enjoy the veggies! See you in two weeks on November 16.

Braising Greens with Cilantro and Rice

Cooking oil

1 cup scallion, onion, or leek, chopped

½ cup uncooked white rice

1 teaspoon paprika

1 teaspoon cumin

1-2 cloves garlic, minced

1 TBLS fresh ginger root, minced

Fresh or dried hot pepper, optional

¾ - 1+ cup broth or water

1 pound greens, chopped

1 cup cilantro, chopped

Salt and pepper to taste

Yogurt or lemon juice for serving

Sauté onion in oil 3-4 min. Add rice, spices and sauté 2-3 min. Add broth and simmer covered 10 min. Add greens, cilantro, and extra broth if needed. Simmer covered until tender, approx 20 min. Add salt and pepper. Serve topped with yogurt/lemon juice.