



What's in your CSA farm share!

Baby Red and Green

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

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

'Tatsoi' Asian Spinach

Store in the fridge in a plastic bag for 1 week.

Russian Kale

(bunches)—Store in plastic bag in fridge for 1+ weeks. Be sure to keep all leaves covered to prevent wilting.

Delicata Winter

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

Leeks—Store in plastic bag in fridge for 1-2 weeks. Wash well!

'Satina' Potatoes—Store at cool room temp in the dark or in plastic bag in fridge for 2+ weeks.

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

Radicchio—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

Return
your box
next
week!

November 3, 2021—Winter CSA pick-up 1 of 10

Dear Members,

Welcome to the 2021-22 Winter CSA! We are so excited to start our 10th 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!

Winter? What winter? It certainly hardly even feels like fall around the farm, but I know it is coming and we're ready! We have almost all of our storage crops under cover and ready for the winter with just parsnips to go! And our high tunnels are green and growing for you until it gets too cold. This season turned out a great harvest so get ready for the most diversity of local veggies you've ever eaten this winter!

I want to share with you our very 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 either never tried before or wouldn't likely buy in the grocery store! Diversity is what it's all about! And this week is no exception... See below. So here goes: 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!

For the first time ever is radicchio! Hannah wanted to grow it, and here it is! It's not a cabbage though looks like one with its bright red and white veins on its small head. It's actually an Italian chicory with bittersweet flavor and leaves that are soft, yet crisp, including the center rib. It can be eaten raw, slightly wilted or cooked. Try it in salad, slaw, sautéed (it does turn brown when cooked), roasted or grilled. It's often paired with meats, goat cheese or other cheeses, salty things like olives and anchovies, fruits like citrus and raisins, balsamic vinegar and nuts. Check out the recipe below!

Leeks may be new for you! And if so, I think you're going to love their nutty flavor and interesting texture. If you're not sure, just use them like onions! The trick to loving leeks is to wash them well to remove any lingering dirt in the folds. To do this, slice the leek lengthwise and rinse under running water. Discard the dark green tops or put them into a broth. I made a shepherd's pie with leeks, carrots, onions, spinach, and red peppers recently and it was delicious! I also love leeks in soups, and they especially shine in the Potato Leek Soup (see website for that recipe and several others).

Enjoy the veggies! See you in two weeks on November 17.

Radicchio and Apple Salad

1+ cup walnuts/nut of choice, chopped
1-2 heads radicchio, quartered, cored,
sliced crosswise into ½" slices
½-1 cup feta or blue cheese, crumbled
1 large or 2 medium apples, thinly
sliced into bite sized pieces

Toss above ingredients in large bowl.

Whisk together the following dressing ingredients, toss, and serve:

2 tablespoons Dijon mustard
6 tablespoons rice or cider vinegar
3 tablespoons balsamic vinegar
½ cup olive oil
Black pepper to taste