



## What's in your CSA farm share:

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

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

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

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

**Scallions aka Green Onions**—Store in plastic bag in fridge for 1-2 weeks.

**Cilantro**—Store in plastic bag in fridge for 1 week.

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

**'Dwarf Curled Scotch' Kale (bags)**—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

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Return  
your box  
next  
week!

November 4, 2020—Winter CSA pick-up 1 of 10

Dear Members,

Welcome to the 2020-21 Winter CSA! You are part of 150 families in the Piscataquis and Bangor area choosing to eat more local and organic veggies this winter. Our family and employees are excited to serve you and get to know you through our shared love for healthy food!

Are you aware of the BEST resource for using your CSA veggies...? Our online "cookbook", the Vegetable Gallery at [www.ripleyorganicfarm.com/vegetable-gallery](http://www.ripleyorganicfarm.com/vegetable-gallery). Find inspiration for ALL the veggies in your farm shares. Our 350+ favorite seasonal veggie recipes are tried and true by your farmers and our awesome food community! In my weekly newsletters I reference recipes stored there, so [please go check it out!](#)

And speaking of winter, it has arrived all of a sudden with a gust of icy wind and our first snowfall Tuesday morning. Our crew busted out the harvest right before the snow fell, getting everything under cover for you just in time. Thankfully, it looks like we're going to get a break in the coming days with warmer temperatures to help us get the farm cleaned up and 100 tons of compost spread before Thanksgiving!

This first week of Winter CSA brings you a last blast of outdoor greens rescued from the cold and snow, including spinach and an unprecedented two kinds of kale! The best trick I can impart to you about kale is to cut away and discard the tough inner midrib on every leaf. That makes it much easier to cook or eat raw and digest. My go-to cooked kale recipe right now is Simple Braised Kale on the website. And for raw, my go-to is as always Lemony Kale Salad. Please find 20 of our favorite kale recipes on our website! The spinach is also nice for cooking or for raw use in salad shredded up. Or throw some of the greens into a fall stir-fry with your scallions, radishes and carrots!

Buttercup squash is a fall favorite for its dry sweet flesh and delicious flavor. Basic preparation includes halving it lengthwise, removing the seeds, and roasting it face down at 400 until tender. Add butter and sweetener and, boom, you've got an easy side dish! I recently roasted one and made the flesh into a Coconut Curry Soup (recipe found on the website under Delicata, but you can substitute buttercup). Or try it in the Buttercup Soup with Kale and Sausage recipe on the website. Another great way to use it is stuffed for which I have a couple ideas listed online as well.

It's hard to have fresh herbs in the winter so we're very happy to bring you one last taste of fresh cilantro! Try it with your carrots in Carrot and Cilantro Soup, a long-time family favorite recipe on our website. Or throw it in your morning eggs, or on lentils, or top a grain bowl with it. Or chop it, drizzle a bit of oil, and freeze for later.

Enjoy the veggies! See you in two weeks on November 18.

### Sesame Radish Slaw

- 1 scallion, finely chopped
- 2-3 cups carrots, cut into matchsticks
- 1-2 cups radishes, halved & thinly sliced
- 2 TBLS cilantro, chopped
- 2 TBLS sesame seeds, toasted

Toss above ingredients in large bowl.

Pour over the following dressing, toss, and marinate for 10+ minutes.

- 3 TBLS rice or cider vinegar
- 2 TBLS toasted sesame oil
- 2 TBLS soy sauce
- ½ tsp sugar or maple syrup