



What's in your CSA farm share!

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

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

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

'White Russian' Kale—Store in plastic bag in fridge for 1-2 weeks. Keep leaves covered to prevent wilting. Remove tough inner midrib.

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

Broccoli Flowerets—Store in plastic bag in fridge for 1 week. Entirely edible!

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

Leeks—Store in plastic bag in fridge for 2 weeks.

'Purple Viking'

Potatoes—Store in plastic bag in fridge 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.



RIPLEY FARM

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Thank you
for your
support!

November 6, 2024—Winter CSA pick-up 1 of 10

Dear Members,

Welcome to the 2024-25 Winter CSA! We are excited to start our 13th season of Winter CSA with YOU as part of a group of 150+ families in central Maine who care about where their food comes from. Our family is excited to get to know you!

This has been an uneventfully mild, though very dry fall so far on the farm making for easy harvest conditions. We proudly bring you many freshly harvested items straight from the field this week. Our high tunnels (aka unheated greenhouses) are chock full of greens stockpiled to be harvested for you in November and December and beyond, weather permitting. Get ready for a winter of fresh fun new things to try.

Speaking of new things, are you wondering how you'll know what they are and how to use them? We've got you covered! First, please take the time to read through the newsletters that come in every farm share. That is where you can find out what is in your share, how to store it (see sidebar), and recipes and other cooking/eating ideas for your veggies. Next, be sure to check out our online recipe gallery for over 400 recipes for the veggies you get from our farm. These are all recipes we've made ourselves over the years with many of them favorites of ours and contributed by CSA members. Here's the link: <https://ripleyorganicfarm.com/vegetable-gallery>

This week starts you off with a bang! Though we've had some cold temps including down to 17 degrees, things like cauliflower, broccoli, kale, and spinach thrive in those conditions. In fact, the flavor profile of these crops improves with the freeze/thaw cycle which makes them sweeter and more delicious! The broccoli is already in little flowerets ready for steaming, stir-frying, roasting or whatever your favorite broccoli treat is. My kids especially like broccoli in a simple cream of broccoli soup. Cauliflower is exciting to have as it is really only available during a narrow window in the fall on our farm. I've already made multiple roasted cauliflower soups and plan to make a buffalo cauliflower wings recipe that a CSA member shared with me.

Leeks! Don't squeak! They're a relative of onions and can be used in place of onions with a nuttier flavor and a different texture. The trick is to wash them well: Remove the dark green tops and save for making broth. Then remove the root end and discard. Then slice the shaft in half lengthwise and rinse and rinse between the rings to remove any dirt lingering there. They are famous in a traditional Potato Leek Soup (see recipe on website) or try this week's variation (below) that includes kale.

Enjoy the veggies! See you in two weeks on November 20.

Colcannon Soup

3-4 TBLS butter
1-2 cups leeks, cleaned and sliced
2-4 cups kale, chopped, remove midribs
3 cups potatoes, cut in ¾" dice
3 cups chicken stock
1 bay leaf
1 tsp salt, or to taste
¼ cup heavy cream

Heat butter in heavy bottomed pot over med heat. Add leeks and kale and sauté until wilted and soft, about 10 min. Add potatoes, chicken stock, bay leaf, and salt. Bring to boil and simmer until potatoes are soft, about 20 min. Remove from heat, stir in cream, and serve hot. Blend for a pureed version.