



What's in your CSA farm share!

'Rainbow' Carrots—Store in plastic bag in fridge for 2+ weeks. Red Dragon, orange, yellow and Purple Haze varieties included!

Giant Winter Storage Kohlrabi—Store in fridge for 2+ weeks. Peel well, all the way down to the white inner layer (using knife) and use raw, in stir-fry, roasted, or soup!

Baby Kale—Store in plastic bag in fridge for 1 week. Raw or cooked!

'Mizuna' Mild Asian Greens—Store in plastic bag in fridge for 1 week. Raw or cooked!

'Chieftan' Potatoes—Store at cool room temperature away from light for 2+ weeks. Great boiled or roasted!

'Thelma Sanders' Cream-colored Acorn Winter Squash—Store at cool room temperature for 2+ weeks.

'Georgian Fire' Garlic—Store at cool room temperature OUT of plastic bag 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!

December 4, 2019—Winter CSA pick-up 3 of 10

Dear Members,

Welcome to winter. No really, winter is truly here on the farm! With a foot of snow on Thanksgiving and then another round of over half that again yesterday, it has suddenly become very wintry around here! Hope you all had a great Thanksgiving and welcome to December's Winter CSA farm shares!

Yes, we still do have greens for you from our high tunnels. One of the biggest factors in us being able to actually get the greens this time of year is sunshine. Which this week has been few and far between, but thankfully temperatures were up close to freezing allowing us to still bring you two fresh green things this week!

Joining baby kale this week, is a new-to-the-Winter CSA Asian green called 'mizuna'. It is a mild-tasting mustard green that can be eaten raw in salads, sautéed, in stir-fry, in soup, or tossed with pasta and fresh parmesan. It is very tender and will cook quickly, so it must be thrown in at the end of whatever you're making. Let us know what you do with YOUR mizuna as this is a totally new item this year!

The cream-colored acorn squash is cool looking, right? That's what I think! It's a variety called 'Thelma Sanders' and is another brand-new Winter CSA veggie! They're supposed to have a flavor like sweet potatoes, and when I cooked one I found it sweet, but not to the point of being candy-tasting. What I grew up with was a roasted cut-in-half acorn squash with a little brown sugar and butter in the cavity. YUM! Acorns are also good stuffed, as in the Stuffed Acorn Squash with Sausage and Apples. Enjoy!

Also new this week is the giant winter storage kohlrabi. Yes, if you are new to the Winter CSA you'll wonder about the huge lunker in your box, but don't be alarmed! It is tender and tame tasting once you cut into it! ☺ The trick to loving kohlrabi is two things: 1) trim the "butt" end about 2 inches up and discard, as that area will be tough; and 2) peel the thick green skin completely away from the white flesh below and discard. Once you do that, you're ready to tackle these huge winter veggies! Now what ARE they, you ask? They are in the cabbage, broccoli, and Brussels sprouts family, possessing many of the same nutrients. They are mild, sweet tasting, crunchy like jicama, and a favorite at our house! Our two favorite ways to use them are making a "Kohlslaw" with grated kohlrabi, carrots, and apples with a vinaigrette dressing (recipe on our website), and cutting them into cubes and roasting them (recipe on our website as well). Kohlrabi is a low carb alternative to potatoes and can be added to soups or stews in their place. Don't forget to check the recipe page on our website for inspiration and over a dozen of our favorite ways to use kohlrabi!

Enjoy the veggies! See you on December 18!

Mizuna, Kohlrabi, and Apple Salad

1/3 lb. mizuna, chopped
1-2 cups kohlrabi, grated or spiralized
1 cup apple, julienned or grated
3/4 cup walnuts, chopped
1/2 cup cheese of choice (feta, goat cheese, etc.) crumbled or grated
Juice of one lemon

1/4-1/2 cup olive oil
Salt to taste

Toss mizuna, kohlrabi, apple, walnuts, and cheese together. Whisk lemon juice, olive oil, and salt together and pour over salad.