



*What's in your  
CSA farm share:*

**Parsnips**— Store in plastic bag in fridge for up to 2-4 weeks.

**Kohlrabi**—Store in crisper drawer for up to 2-4 weeks. Peel away tough skin before use!

**'Dragon' Red-skinned Carrots**—Store in plastic bag in fridge for 2-4 weeks.

**Rutabaga**—Store in fridge in plastic bag for 2-4 weeks.

**Yellow Onions**—Store in fridge or at cool room temperature for up to 2-4 weeks.

**'Chieftain' Potatoes**— Store in dark or fridge for up to 2-4 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 before enjoying.



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Dear Members,

After a warm spell, it's back to winter here on the farm! The dusting of fresh snow covers up all the ice around here ;)! Winter is a time for visiting our family members who do not live in Maine. This weekend we enjoyed a lovely stay with Gene's sister in Massachusetts. We hope that everyone is having a great winter and staying warm! Thank you to everyone for their continued support of our farm. We are happy to have already received many 2014 summer CSA registrations—as of now 35 families know where their summer veggies are coming from!

Your farm share this week represents the great diversity of storage roots, tubers, and bulbs available from Ripley Farm in January. For example, today you have rutabaga and parsnips for the first time. We grow these two root crops only for fall and winter storage precisely because their flavor really comes into its own after hard frosts while still in the ground and after a period of cold storage. When we tasted the parsnips in the fall, they hadn't gotten their characteristic sweetness yet. Now, they have sweetened up in storage and are in your share today.

Are parsnips new to you? They were to me when I moved to Maine over 12 years ago. I was pleased to discover their beautiful, long, white roots, sweet taste, and versatility when I got a CSA farm share from Willow Pond Farm as a college student. I find parsnips similar in texture to carrots with which they pair well, too, in soups or purees. The parsnip's sweet flavor also goes nicely with apples, ginger root, and warm spices. Parsnips may be boiled and mashed with potatoes, roasted at 375 alone or in a medley with other veggies, sautéed in butter and glazed, or even made into a cake or a pie! Easy to prepare, peel your parsnips first, then chop or julienne them into your desired size. Check out the recipe below and more on our website for cooking ideas.

The rutabaga belongs to the Brassica family, a relative of cabbage and broccoli. Probably one of our very longest storing vegetables, these bi-colored torpedo-shaped roots with yellow flesh can vary in size considerably. As we found out this summer, a single rutabaga can grow to be as large as 12 pounds! Like parsnips, rutabaga is a multipurpose vegetable that must be first peeled and is good used in soups or stews, in combination with potatoes, roasted with herbs, grated and sautéed, or my personal favorite in Rutabacon Hash! I also love rutabaga mashed with milk and butter in place of potatoes which always pleasantly surprises family guests. See our online recipes!

Forgot what kohlrabi is? Peel these babies and try them raw, or sautéed in butter, roasted, souped, and so much more. For a refresher check out [December 4<sup>th</sup>'s CSA newsletter](#) in the online archives! See you for the 7th Winter pick up on Feb 5<sup>th</sup>!

**Parsnip and Carrot Soup**

- 2-4 tablespoons butter
- 1 large onion, chopped
- 1 pound carrots, chopped
- 1 pound parsnips, peeled and chopped
- 2-4 cups chicken or vegetable broth
- salt and pepper
- ¼ cup cream or milk

Heat butter in pot on medium. Add onion and sauté until softened, about 5 minutes. Add carrots and parsnips, broth, and simmer until tender, about 20 minutes. Remove from heat and puree. If too thick, add more broth. Add salt and pepper. Add cream or milk. This soup is also good cold.