



What's in your CSA farm share?

Green Cabbage—Store in crisper drawer of fridge for 2+ weeks. If not using all at once, cover cut edge with plastic to store.

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

'Delicata' Winter Squash—Store at cool room temperature for 2+ weeks. Check weekly for signs of decay and consume quickly if found.

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

Red Onions—Store in plastic bag in fridge for 2+ weeks. Or store at room temp for 1-2 weeks.

Purple Daikon Radish—Store in plastic bag in fridge for 2+ weeks.

'Satina' Potatoes—Store in plastic bag in fridge or at cool room temperature in the dark NOT in plastic bag for 2+ weeks.

Claytonia (aka Miner's Lettuce)—Store in plastic bag in fridge for 1 week.



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!

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Dear Members,

Another cold week here at the farm, but the sunshine is keeping us all warm enough to get the work done! And it warmed up the greenhouses enough for the crew to skip out there and harvest a bit of greens when the sun was high. Gene did not expect to be harvesting greens this week, so we are especially thankful for them!

These greens are called Claytonia, also known as Miner's Lettuce. They look a little like huge micro greens and can be used to top sandwiches/soups/stews/stir-fries/eggs or anything really! Or use them in a salad with or without cabbage, grated carrots and Daikon radish. You'll love them however you try them, I'm sure! Enjoy!

Last week I was at the library chatting with another mom about how to get your family to eat veggies. Though I'm not an expert by any means (yes, we have our battles at our house, too), I certainly do have a lot of *experience* in serving veggies to my family! I figured I would share how we'll enjoy all of this week's veggies for example!

For starters, I'm going to make this week's recipe below (a usual family favorite!!) which will use carrots, onions, garlic, and all of my green cabbage. That's a main dish that has veggies all through and is a non-negotiable item at our dinner table. Luckily everyone loves it! Then I'll halve, remove the seeds, and roast facedown at 400 the delicata squash. For my four year old I usually scoop the cooked flesh out and mash it up a bit with butter for her. Delicata is happily eaten at my house. Any carrots we have leftover from the soup I'll peel and make into carrot sticks to go with dip (in this case Everything Bagel-flavored homemade soft cheese). Those don't last long that way. I also use the daikon radish this way, too. But there will be more leftover than we need for carrot sticks. So I'll put the rest into either a Winter Radish and Apple Slaw (put apples into a salad and kids will eat it up easily!) or if I'm feeling ambitious I'll make the Daikon Radish and Potato Gratin recipe (both recipes from the website). Or do both! The greens I'll use for salad of course with likely grated carrot/daikon and a little red onion to make them go farther. So that's this week's veggie plan! I don't anticipate much resistance to these recipes from my family! I hope the same for you!

And I'll talk a little bit more about the purple Daikon radish since it is likely unfamiliar to you. Daikon radishes are a staple food in some Asian cuisines that can be used raw or cooked. They're mild enough to eat raw with dip or in salad. They're a traditional ingredient in Korean Kimchi. If you have a spiralizer, I love them done that way in a slaw! They can be quick pickled (see website for ideas) and even roasted or put into stews in place of potatoes for a low carb option. Plus they're just gorgeous! Give them a try and let us know how you like them!

Enjoy the veggies and see you in two weeks on February 5.

Ground Beef and Cabbage Soup

2 TBLS oil
1 medium onion, chopped
3-4 large carrots, chopped
4 cloves garlic, minced
1 pound ground beef
1 14 oz can chopped tomatoes
4 cups broth

1 TBLS Italian seasoning
Salt and pepper to taste
6-8 cups green cabbage, chopped

Sauté onion, carrot, and garlic, about 5 min.
Brown beef in same pot. Add rest of ingredients, bring to boil, simmer until all is tender. Serve hot!