



## What's in your CSA farm share:

**Kohlrabi**—Store in fridge 2-4 weeks. Cut 1-2 inches above butt end and discard. Peel all the way down to the white. Use in slaw, roast cubes, put into soup... Give it a try!

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

**Parsley Root**—Store in plastic bag in fridge for 2-4 weeks. Tastes like parsley! Grate into a salad, add to soup or mash with potatoes.

**'Dolciva' Carrots**—Store in fridge in plastic bag for 2-4 weeks.

**Delicata Winter Squash**—Store at cool room temperature for 2+ weeks.

**'Green Mountain' Potatoes**—Store in paper 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.

### Winter Squash Mac and Cheese

- 8-12 oz macaroni, cooked until al dente, drained
- 2-3 Delicata squash, halved, seeded, roasted, & mashed
- 2 onions, thinly sliced
- 6 TBLS butter
- 2 TBLS flour
- 2 cups milk
- 2 cups cheddar cheese, grated



## RIPLEY FARM

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Please  
return  
your box!

January 3, 2018—Winter pick-up 5 of 10

Dear Members,

Happy New Year! We have a new year's resolution on the farm pertaining to veggies. Fancy that! Do you, too? ;) Our resolution is to help more people get the knack of eating seasonally through the CSA! That's right! During the winter months we have time to reflect, plan ahead, and research new ideas. So we're working on ways to help people new to the CSA be as successful with it as possible. We'll keep you posted!

It is now January 3, so you must be back to the grindstone, as we are. We took a solid week off from work over Christmas. And it did the trick. We are rejuvenated from a long season and ready to tackle the next one that is practically upon us.

Christmas brought us a lovely blanket of snow on the farm. And for this we are thankful. I literally breathe a sigh of relief when we have 2 feet of snow on the farm. The soil beneath that is everything to our family's income is protected. Rest easy, I say.

It warms our heart on these cold days every time we get signups for the 2018 Summer CSA in the mail! By the way, we've got some fun new stuff planned for 2018 including monthly cooking classes that start next week! Don't know what to do with your kohlrabi? Come to our first ever "Love your Kohlrabi Klass" at the farm next Saturday, January 13 at 2pm. We'll go through the basics of preparing kohlrabi and end with making and eating a simple slaw recipe that is soooo good. You won't regret joining us for this free event geared at helping everyone eat more seasonal veggies!

But, I will also discuss kohlrabi in this newsletter, too. ☺ To prepare, cut 1-2 inches off of the bottom of the vegetable and discard. Now use a peeler or even a knife to peel *all the way* to the white layer underneath. Don't leave any green. Then chop or grate or slice however your recipe dictates. Or go recipe-less: kohlrabi is great simply cut into veggie sticks with a dip. Crunchy like jicama with a little hint of sweetness like an apple. Recipes we have on our website's vegetable gallery for kohlrabi that would go especially well with this week's CSA contents are: Roasted Squash and Kohlrabi (just slice the Delicata with the skin on), Kohlrabi Fritters, Kohlrabi Puree (add in a little parsley root here, too), and Basic Roasted Kohlrabi Cubes. Let us know what you make!

Parsley root? What? Yes, we grow a variety of parsley that is bred for its enlarged root full of sweet parsley flavor that stores all winter! What's not to like? Nothing! Our Winter CSA members have given us good feedback that they like it. Peel and grate it into a salad, chunk it up into soups or stews, or roast it along with a medley of veggies. Do almost anything with it, except mistake it for a parsnip! Then I'll know you don't read the newsletter. ;) See you in two weeks on January 17!

PS: The 'Dolciva' carrots are a new variety this year. Tell us what you think!

breadcrumbs and additional cheese to top (optional)

In large skillet, sauté onions in 2 TBLS butter until golden brown, stirring to prevent sticking. Remove. Melt 4 TBLS butter, add flour, and stir into paste. Add milk and whisk 2 min. Add salt and pepper. Add squash and cheese and mix until combined into a sauce. Stir in macaroni. Top with optional breadcrumbs/cheese. Bake at 400 to warm through, 20 min.