



## What's in your CSA farm share:

**Green Cabbage**— Store in fridge for 2+ weeks. If you cut it, cover with plastic bag to prevent drying out too fast.

**Celeriac**—Store in plastic bag in fridge for 2 weeks. Peel well!

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

**'Satina' Potatoes**— Store in fridge in plastic bag for 2 weeks.

**Parsnips**—Store in plastic bag in fridge for 2 weeks. Roast, sauté, or mash, or try one of the soup recipes from our website!

**Sweet Winter Squash medley** —Store at cool room temperature for 2—4 weeks. Check weekly for signs of decay. *Very last squash of the season!*



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.



## RIPLEY FARM

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Please return your box next time!

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Dear Members,

“What are the easiest and hardest crops to grow?” This was a question we were asked by a high school student last week at a planning meeting we attended for an upcoming ‘Teen Science Café’ where we will present about sustainable agriculture at Dexter High School. The answer to that question is individual to each farm, but here at Ripley Farm this week’s CSA features the two crops that are easiest and hardest for us to grow. Carrots are our single most reliable, “easiest” vegetable. The hardest? Celeriac.

It’s really too bad that celeriac, or celery root, is the hardest veggie for us to grow, because it also happens to be one of my favorites! In addition, it stores beautifully, providing a fresh, local celery flavor through the depths of the Maine winter. One of our most unfamiliar vegetables to CSA members, celeriac is the knobby root cousin of regular celery. To prepare, trim away any remaining rootlets, and peel off the coarse skin, revealing the smooth white flesh. Celeriac can be enjoyed raw, as in the classic marinated salad, ‘Celeriac Remoulade’ found on our website’s Vegetable Gallery, along with several other recipes for this unusual root. We more commonly cook them, often adding them to winter soups, stews, and casseroles. Chicken soup with carrots, potatoes, and celeriac anyone? We made an awesome Sheppard’s Pie this week with ground meat, sautéed celeriac, onions, and carrots, and topped off with mashed potatoes and grated cheese. It was so good that another one is going in the oven today!

That’s for lunch, and for dinner is our favorite winter standby: ‘Unstuffed Cabbage Rolls’! Check this recipe out on website, along with over fifteen others for this most versatile winter vegetable. Cabbage features in our menu almost every day here at the farm in the winter. We love it in fermented form as kimchi and sauerkraut, delicious fermented condiments that many of you are joining us to learn how to make in Mary Margaret’s Sunday class here at the farm. And we enjoy it equally well raw, whether in a crunchy coleslaw with sweet winter carrots, or cooked into ‘Creamed Cabbage’, various stuffed or unstuffed casseroles with beef, pork, or lamb, sautéed or braised with spices for a quick side dish, or even as ‘Roasted Cabbage Steaks!’

See you in two weeks on March 4<sup>th</sup> for the second to last winter CSA, or come visit us in the meantime at Bangor’s CSA fair on Sunday, March 1<sup>st</sup> from 3-6pm at the Seadog Restaurant. Sign up for the CSA there and get a free bag of sweet winter carrots from us. If you’re already signed up, visit us and get a free bag, too! Stay warm!

### Lemon Tahini Carrot Soup

- 2-3 tablespoons oil
- 1 cup chopped onion
- 2 pounds carrots, peeled and chopped
- 6 garlic cloves, peeled
- 1/4 teaspoon ground coriander
- 3/4 teaspoon cumin
- 1/4 to 1/2 teaspoon red chili flakes
- 1 teaspoon salt (to taste)
- 4 cups chicken broth
- 2 tablespoons of lemon juice
- 3 tablespoons plain tahini

Heat oil on medium in pot. Add onions, carrots, spices, and salt. Sauté until veggies begin to soften, about 10-15 min. Add broth, bring to boil, turn down & simmer until carrots are tender, about 20-30 min. Add lemon juice and tahini. Blend the soup. Check the seasoning and add more salt if needed. Serve hot with a dollop of sour cream or creme fraiche.