



What's in your CSA farm share?

'Nicola' Potatoes—Store in the dark at cool room temperature or in fridge for 2 weeks. All purpose!

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

'Purple Top' Turnips—Store in the fridge in a plastic bag for 2+ weeks.

Delicata Winter Squash—Store at cool room temperature for 2+ weeks. Check weekly for signs of decay and cook promptly.

Yellow Onions—Store at cool room temperature for 2+ weeks.

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

Green Cabbage—Store in crisper drawer in fridge for 2 weeks.

'Detroit Dark Red' Heirloom Beets—Store in plastic 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.



RIPLEY FARM

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Thank you
for your
support!

February 1, 2023—Winter CSA pick-up 7 of 10

Dear Members,

We talk about the weather a lot. Like at every meal and many times in between, year round. This week the topic is the "Arctic Blast." We've been super spoiled this "winter" to not really have a winter yet. We are now faced with temperatures predicted down to the negative twenties for Friday and Saturday. Brrr! We farmers live a double life year-round. We live very much in the "here and now" with what the weather is and how it affects the crops. Even now in the winter our stored root crops will need careful attention to keep from freezing during the "Arctic Blast". As well as keeping our animals with unfrozen water, which means checking them multiple times a day. While this boots-on-the-ground activity goes on, this time of year we also live in our heads, in our dreams about the upcoming season inside the farmhouse where the woodstove keeps us toasty. Noses in seed and supply catalogs and eyes staring at computer spreadsheets for days, we work to use our past 14 years of experience to plan the best season for our Spring, Summer, and Winter CSA members in 2023! As farmers we always look ahead with every step we take.

Back to the here and now, right? We've got cold weather a 'coming. It's a good time for belly warming hearty veggie meals that you know you love! Like roasted veggies + a protein! I'm planning to make a sheet pan meal this week and roasting whatever veggies I've got in my fridge (potatoes, carrots, onions, turnips, at least) to go with a special treat of beef steaks for my daughters. They love all of a sheet pan meal and the leftovers are palatable for everyone! Have you ever made one? Chop your veggies and roast until about half done at 400 in a dressing of your choice (I like olive oil, lemon juice, salt, pepper, herbs like dried basil/parsley/oregano and garlic). Then add your protein which you can optionally marinate in similar dressing before cooking and roast until all is done to your liking. Delish!

Or SOUP anyone? Veggie soup in a delicious broth with or without protein is just so lovely on a cold day. I love mine with lentils or beans or chunks of stew meat. For the first time, I'm making Hungarian Goulash with our farm's pork, homemade green cabbage sauerkraut, and onions and garlic. Fingers crossed for how it turns out!

Please don't neglect your red beets. They're so wonderfully sweet. All I do these days is, peel, cube, and roast them at 400 in olive oil, salt, pepper. I serve them warm then refrigerate leftovers which my daughters will literally eat fridge cold straight out of the container with their fingers anytime! Try it: you may like it that much, too! Enjoy your veggies, stay warm, and see you in two weeks on February 15th!

Middle Eastern Pickled Turnips

2 cups water
3 TBLS salt
2 bay leaves
2/3 cup white vinegar
1 ¼ lbs turnips, peeled, cut into ½" sticks
1 small beet, cut into ½" sticks

1-2 cloves garlic, coarsely chopped

Heat water, salt, and bay leaf in a pot over medium heat until salt dissolves, 3-5 min. Cool completely and add vinegar. Combine all ingredients in a container with tight fitting lid and sit at room temp for 3-5 days. Refrigerate and serve for up to a month.