



What's in your CSA farm share?

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

Beets—Store in the fridge in plastic bag for 2+ weeks.

Fresh Spinach—Store in fridge in plastic bag for 1-2 weeks.

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

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

'Nicola' Potatoes—Store in plastic bag in fridge for 2+ weeks. Or at cool room temperature, NOT in a plastic bag in the dark.

Yellow & Red Onions—Store at cool room temperature NOT in a plastic bag for 2 weeks.

Green Cabbage—Store in crisper drawer of fridge for 2+ weeks. If not using all at once, store remainder in plastic bag to prevent drying out.



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 28, 2024—Winter CSA pick-up 9 of 10

Dear Members,

With the sun shining and warming up the farm to 50 degrees this week it sure doesn't feel like February. I'm sure you feel the same way, too! The crew is spending more and more time in the high tunnels where it is t-shirt weather! Picking spinach for you, yes, as well as getting ready for our Spring CSA 2024 to start in April. Like the taste of the greens you're seeing this week? We still have room in the Spring CSA this year, so please be sure to join us, if you love greens! My dad just sent me a recipe for oven roasted bok choy that looks mouth-watering. The crew is also setting up irrigation lines in the greenhouses as well as forming beds to get ready for planting more greens. With weather like this it feels like spring is really around the corner in central Maine.

In my kitchen I've been practical and conservative lately with my cooking due to a severe lack of time. That means lots of soups (using carrots, cabbage, onions, garlic, potatoes), roasted veggies (potatoes, carrots, beets), salads/slaws (spinach, cabbage, radish), and raw veggie sticks with dips (carrots, radish). Do you get the theme? All pre-prepared so I can be with the kids leading up to meal time, because, you know, it always seems that that's the neediest time at our house. This winter has been filled with roasted beet salads with or without fresh greens from our greenhouses, nuts, raisins or other fruit like oranges, etc., soft cheese from our cows (or you could use feta or goat cheese), topped with an easy balsamic dressing much like the one below.

My favorite soup I made from the last two weeks was a sausage and cabbage soup that had carrots, onions, garlic, cabbage (I actually used a red one that had been laying around in the fridge) plus homemade broth, and Italian sausage from our farm-raised pork. So delicious with homemade sourdough bread. I haven't put it on our website but if you're interested in trying it check it out here:
<http://theroastedroot.net/crock-pot-sausage-and-cabbage-soup/>

I made an easy ranch-style dip with Greek yogurt to which I added minced onions + garlic, and dried parsley along with salt, pepper, and lemon juice to taste. I just eye-balled everything and it turned out well. Serving this with carrot and bright purple Daikon radish sticks makes a cheery appetizer/snack for all ages.

In our Facebook group there was a discussion of what to do with red onions! Guess what!? You can use them wherever you use yellow onions; soups, stews, etc. They're also great on burgers and salads, but don't get too bogged down waiting for the "right" time to use them. Please feel empowered to just use them everywhere! ☺

See you in two weeks on March 13 for the last Winter CSA!

Roasted Beet, Spinach, + Blueberry Salad

4-6 cups spinach, chopped
1-1.5 cups beets, chopped and roasted
1 cup blueberries (or other fruit)
¼-½ cup crumbled feta (or goat cheese)
½-1 cup nuts of choice, chopped

½ cup olive oil
¼ cup balsamic vinegar
1 Tablespoon honey or maple syrup
½ tsp prepared mustard, optional
1-2 garlic cloves, minced, optional
Salt to taste

Toss above ingredients. Pour over the following dressing whisked together: