



What's in your CSA farm share:

Rutabaga— Store in plastic bag in fridge for 2 weeks. Peel me well and cut out any brown spots!

Beets—Store in plastic bag in fridge for 2 weeks. Easiest way to cook: boil or roast whole then peel skins. Check out our website's over a dozen beet recipes!

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

'Kennebec' Potatoes— Store in the dark at cool room temp or in fridge for 2 weeks.

Onions—Store at cool room temperature for 1-2 weeks.

'Gold Nugget' Winter Squash —Store at cool room temperature for 2—4 weeks. Check weekly for signs of decay.



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!

February 4, 2015—Winter pick-up 7 of 10

Dear Members,

Okay, it was my fault. On the last pickup I was complaining about how little snow we had to cover our precious soil... And now look at us! We're quite literally up to our ears in snow drifts around here! Winter has finally arrived with copious white stuff and sustained cold temps. Hooray for hearty winter veggies for this soup weather!

Yesterday we had the pleasure and fortune to get a personal tour of the vegetable storage facilities at Goranson Farm, a large, established multi-generation organic farm in Dresden. We are planning to add more cold storage to allow us to expand during the winter months and are excited to learn from experienced farmers!

Yesterday, we also got the chance to have lunch with our new employee, Carmen, who currently lives in the Brunswick area. We're so excited that she's found "the perfect place" for her and her dog to live in Sangerville. Thanks to everyone for your help! She said she went to the Brunswick showing of "Growing Local" and really liked this new documentary about Maine farms. This will be showing here at our local Center Theatre on Friday at 7pm. We'll be there early in the lobby for a 'meet and greet' and to chat with people about our CSA farm shares. Also, the Ripley Farm carrot lovers out there can get extra carrots before the show, too! Hope you'll visit us 😊

We've got a couple of food classes in the works for the month of February. On Saturday at 2pm we'll be teaching a class on making fermented (non-alcoholic) drinks at home including kombucha, beet kvass, and kefir. This event is free and is hosted by our partners at Central Street Farmhouse in Bangor. I've also planned a free on-farm sauerkraut-making class for Sunday, February 22. Put this on your calendar and bring your green bowling ball (that you'll get on week 8) and learn to slice it, salt it, and stomp it into a tasty and healthful fermented slaw! More details coming soon.

I think that rutabaga is the most underappreciated winter vegetable! Peel these purple topped spheres down to their inner golden flesh, remove any brown spots, and cube them. Then boil, drain, and mash like potatoes or try the cubes roasted at 425 in a root vegetable medley of carrots, potatoes, beets, and onions tossed with olive oil and salt and pepper. I'm excited to add rutabaga to a chili I'm planning to make tomorrow. Or check out the I-can't-wait-to-make-again rutabaga "fries" recipe below!

The Gold Nugget squash in your share this week is new to Ripley Farm. It has a very hard 'shell' similar to spaghetti squash. The flesh is a beautiful creamy orange color, and is not overly sweet, and similar to a pumpkin flavor. I find these difficult to peel so I have been cutting them in half, laying face down in a baking dish with an inch of water in the bottom and roasting them at 375-400 until tender. Scoop out the flesh and make the website's 'Spiced Gold Nugget Soup' or try a "pumpkin" bread or cake.

See you in two weeks on Feb 18th. In the meantime stay warm!

Baked Rutabaga 'Fries' with Mexican Spices

Rutabaga, peeled and cut into 'fries'/spears
Olive oil
2-3 tablespoons cornmeal (or flour)
Pinch (+ or -) each of cumin, oregano, cayenne,
paprika, salt & pepper (to taste)

Toss rutabaga with oil, cornmeal and spices. Lay single layer on baking sheet leaving a little room between each. Bake at 400-425 until cooked through and browned, 30+ min, tossing occasionally for evenness.