



*What's in your  
CSA share:*

- Lettuce
- Swiss chard
- Garlic
- Potatoes
- Turnips
- Onions
- Winter Squash
- Cabbage



*Pick-your-own herbs  
and flowers:*

- Fennel
- Thyme
- Sage
- Winter savory
- Chives
- Parsley
- Summer Savory
- Cilantro
  
- Coneflower
- Asters
- Larkspur

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Dear Members,

We had a hard frost yesterday morning for the first time this fall, with temperatures dropping into the mid-20's. The hardier crops weren't harmed by it—in fact many are sweeter for it!

Hard frost like this changes our harvest routine. All summer we try to harvest early in the mornings while the air is still cool and before the sun is strong on our crops, especially the leafy greens that are susceptible to wilting. But now we have to wait for the frost to melt before we can begin harvest or else risk damaging the frozen tissues of our veggies. Harvesting at the wrong time can destroy the quality of otherwise perfectly good vegetables!

We started our harvest yesterday in the protected environment of the hoophouse, where we had some lettuce planted. The head you'll find in your boxes is likely to be the last one of the season, since our outdoor lettuce was covered in a thick white layer of frost. This year's first hard frost comes with just two more weeks left in the CSA share. The last pickup is October 24<sup>th</sup>.

We have potatoes in the share this week for the first time this fall. Our planting of fall potatoes was killed early by late blight disease, a very fast-spreading and devastating fungal disease of potato (and tomato) foliage. We have a much-reduced yield as a result, since the plants died before the tubers could properly size up. However, there are some for the share, Kennebecs, a good all-purpose Maine potato. We like them mashed with butter and minced garlic—something that's also in your boxes this week.

You'll also find winter squash in your boxes again this week. This time it's a variety called 'Sweet Dumpling'. As the name implies they are sweet, with a smooth flesh very similar to the Delicata you got two weeks ago. They are great cooked just the same as the Delicata.

Below you'll find a recipe for creamed cabbage courtesy of our farm worker, Jericho's, mother-in-law. It's delicious and makes a great vegetable side dish. You could bulk it up into an entrée of its own by adding cooked chicken meat.

Have a great week!

**Creamed Cabbage**

- 3-4 tbs butter
- 3-4 cups cabbage, thinly sliced
- 1/2-3/4 cup onions, thinly sliced
- Salt and pepper
- 3/4-1 cup cream

Heat butter in a saucepan over medium heat. When hot, add cabbage and onions. Saute for several minutes until vegetables soften, then add salt, pepper and cream. Simmer, covered, over medium-low heat for about twenty minutes until cream is reduced to thick sauce and cabbage is softened. Serve hot. Serves 2-4.