



What's in your CSA farm share:

Leeks—Store in fridge in plastic bag for 1-2 weeks. Clean well!

Bok Choy (Pac Choi)—Store in plastic bag in fridge for up to 1 week. Entirely edible!

Beets—Store in plastic bag in fridge for 2-3 weeks. Boil or roast!

Kabocha Winter Squash (Red Kuri or Buttercup)—Store at room temp for 2-3 weeks. Check for signs of decay and cook promptly.

Mini Red Cabbage—Store in crisper drawer or fridge for 2-3 weeks.

'German Red' Garlic—Store at room temperature for 2-3 weeks.

'Purple Viking' Potatoes—Store in fridge in plastic bag or in the dark at cool room temperature for 2-4 weeks. Great all purpose spuds!

'Rainbow' Carrots—Store in fridge in plastic bag for 2-4 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

Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Thanks for
a great
season!

October 14, 2015—Summer pick-up 16 of 16

Dear Members,

Today is the final week of Ripley Farm's 2015 Summer CSA. Thank you all so much for helping us have another successful farming season. With your support we were able to provide weekly organic vegetables to over 120 families in the Dover-Foxcroft, Bangor, and Guilford regions this summer!

We will send all of you the registration info for our 2016 Summer CSA program as soon as we have it ready in December. As 2015 CSA members you are all automatically at the top of the waiting list for next year's program and will have the first opportunity to sign up for another summer of delicious organic veggies from our farm. We're already making plans for the 2016 season and would love to hear any feedback you have on how to make next year's CSA program even better!

Now we'll really see who reads the newsletters... Our most exciting change for next year is that we're expecting a baby due in March! That's right, after many years of growing our farming business, your farmer's are now beginning to grow our family! We're thrilled about this new chapter in our lives, and are super excited that Carmen will be returning next year to help us make the transition to an official family farm. ☺

On to the vegetables: You have leeks in your boxes this week. These members of the onion family are a delicious fall vegetable for soups, casseroles, and other hearty comfort food. But they like to accumulate grit between their layers as they grow, so make sure to clean them properly before cooking. To clean, cut off any remaining roots as well as the green leaves and discard (or save the leaves to make broth). Slice the stalk lengthwise in two and rinse each half well under running water. We made the classic Potato-Leek Soup last night, one of our favorites this time of year. Check out the recipe for it on our website. Leeks sautéed slowly in butter until very soft make a great base for almost any fall vegetable soup, and you can also substitute them for onions in any of your cooking. Their nutty taste adds a delicious depth of flavor to any dish.

Leeks would also make a great stir-fry with this week's pac choi, spiced with some ginger, garlic, chili flakes, salt (or soy sauce) and pepper. Or use the same ingredients in a light Asian-style soup by adding chicken broth. You could also use the pac choi to make a rainbow cole slaw with this week's colorful carrots and the mini red cabbage in this week's box. Try a vinaigrette dressing on this fall salad.

You have a kabocha-type squash in your box this week—either a Red Kuri or a dark green Buttercup. Kabochas are some of the very best-tasting squashes, with deep, rich flavor and dry flesh. Cut in half, scoop out seeds, lay face down in baking dish with ½ inch water and bake at 375 until tender. Thank you all again for your support of our farm this season and we look forward to seeing you next year!

Carmen's Farmer's Pie

Leeks (or onions), cleaned and chopped
Carrots, peeled and chopped
Beets, peeled and chopped small
Sausage, cooked (Carmen likes chorizo)
4 cups cooked squash, seasoned with salt/pepper

Sauté leeks, carrots, beets until tender. Add sausage and stir. Lay in the bottom of baking dish. Top with mashed squash and bake in 350 oven until heated through.