



What's in your CSA farm share:

Green Leaf Lettuce—

Store in plastic bag in fridge for up to 1-2 weeks.

Green Cabbage—Store in fridge for up to 4 weeks. Cut some off? Store the rest in a plastic bag in fridge.

'Yellowstone'

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

Bok Choy (Pac Choi)—

Store in plastic bag in fridge for up to 1-2 weeks. Great in soups, salads and stir-fries!

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

Yellow Onions—Store loose at cool room temperature for up to 2 weeks.

Garlic—Store loose at cool room temperature for up to 1-2 weeks.

'Satina' Potatoes—Store in dark place or fridge for up to 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 before enjoying.



RIPLEY FARM

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Fill out
our online
survey!

October 16, 2013

Dear Members,

Today is the final farm share of your summer 2013 adventure in seasonal eating! How did it go? Let us know by filling out our end of the season survey! In years past we had a paper survey. This year you can fill out an easy, paperless online survey. Be sure to check your email for the link to the short survey and fill it out, because we really do value your feedback and suggestions! For example, thanks to past member feedback, we've introduced patty pan summer squashes and hot peppers, started the Facebook page, and discovered great, new ways to advertise our CSA program, just to name a few...

Thank you so much for investing in Ripley Farm this year. We hope to see you back again next year! We appreciate your support of our farm and of local agriculture. When the 2014 Summer CSA brochures and sign up forms are ready, you will be the first to know.

For some the fun won't stop, but for others not in our Winter CSA program, you can still order vegetables from Ripley Farm from now through March. In fact, we offer on farm pick-up days two Wednesdays per month with the first one starting next week! Hey, on farm members, did you get a copy of our [2013-14 Winter Order Form](#) at pick-up last week? If not, please find it on our website or email us and we'll get one out to you! Imagine eating Ripley Farm's beautiful carrots, beets, cabbage, onions, potatoes, spinach, kale, and so much more deep into the snowy months... ☺

Every year, I look forward to harvesting fall green cabbage aptly named 'Storage #4'. Cabbage stores beautifully all winter long and is a versatile vegetable in the kitchen. Yesterday I made a tasty braised cabbage side dish with cumin and ginger for lunch. Gene makes a delicious cabbage stir-fry dish, Cabbage Katie, named after a friend who loves it so much. Of course, I love making lacto-fermented sauerkraut every fall with cabbage, salt and love. Cabbage is also great used with other veggies and/or meat & cheese to make all-in-one dishes like today's recipe suggested by a Bangor member, Unstuffed Cabbage Rolls. I adapted this to the crock pot and it was very well received by family members. Check out our website for these and many more cabbage recipes!

This fall has been everything this summer was not: warm, sunny and dry! The weather is outstanding for fall harvests and brings you gorgeous lettuce heads in perfect condition without needing a blanket against the frost. Have a great winter!

Unstuffed Cabbage Rolls

2 pounds ground beef
1 tablespoon oil
1 onion, chopped
2 cloves garlic, minced
1 small cabbage or (½ medium), chopped
28 oz canned diced tomatoes
8 oz canned tomato sauce
Salt and pepper to taste

Heat oil in large skillet and add beef and onion. Cook until done. Add garlic and cook 1 min. Then add cabbage, tomatoes, and salt and pepper. Bring to boil. Reduce heat, cover and simmer until cabbage is tender, about ½ hour or so. Serve hot.