



*What's in your
CSA share:*

Lettuce
Leeks
Parsley
Potatoes
Spinach
Onions
Winter Squash
Carrots

**NEXT WEEK IS
THE LAST CSA
PICK-UP.**

**PLEASE
RETURN ANY
EXTRA BOXES.**



*Pick-your-own herbs
and flowers:*

Fennel
Thyme
Sage
Winter savory
Chives
Parsley
Cilantro

RIPLEY FARM

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Dear Members,

Next week, October 24th, is the final week of our 2012 summer CSA! PLEASE RETURN ANY EXTRA BOXES YOU HAVE WHEN YOU PICK UP YOUR LAST SHARE!

We've been really busy the last week-and-a-half farm-sitting for Widdershins, a small dairy and beef farm up the road from us. We buy a lot of our food that we don't raise ourselves from Widdershins and had a lot of fun milking their cows and goats and doing their other animal chores.

We'll be showcasing our farm and CSA program alongside Widdershins and several other local farms this Friday at 5:30PM at the Center Theatre in Dover-Foxcroft. The theatre is putting on a local food expo prior to a 7PM showing of the new Maine documentary 'Betting the Farm.' It's the ongoing story of a group of Maine Organic dairy farms who, after being dropped by their milk company, banded together to launch their own milk company, Maine's Own Organic Milk (MOO Milk). One of the MOO Milk farmers will be present after the film for discussion. We're really excited to be a part of this event. Come check it out! There are showings of Betting the Farm all over the state this fall, so if you miss the Dover screening you can probably catch it somewhere else.

The winter squash in your share this week is acorn squash. Acorns are good for stuffing. They also make an excellent baked puree with butter, egg, and nutmeg.

The lettuce that I predicted would be killed by last week's frost survived fine after the 25 degree night and is in your boxes this week. We also have parsley bunches in the boxes this week. Parsley goes great with potatoes, especially mashed potatoes or potato salad. We also like it on eggs and in soups. Or try it paired with lemon juice, salt, pepper and butter and sprinkled over fish or chicken or a cooked vegetable side dish.

You'll find leeks in your boxes again this week. There's a recipe below for vichyssoise, a cold potato-leek soup that's absolutely delicious. We also like leeks in other soups, especially in chicken soup. They also are a great addition to any homemade stock, whether chicken or vegetable. And they go great with cream—try last weeks creamed cabbage recipe with leeks replacing the onion and part of the cabbage.

Have a great week!

Cream of Potato Leek Soup (Vichyssoise)

1 large or 2 medium leeks, cleaned and chopped
2 tbs butter
¾ pound potatoes, chopped
4 cups chicken broth (or vegetable broth)
Several sprigs of thyme (optional)
¾ cup heavy cream
Salt and pepper to taste
Minced chives or parsley for garnish (optional)

How to clean and chop leeks: cut off the little tuft of roots and discard, then chop as far up the stalk as you can until you get to a leaf. Pull off the leaf and chop up

to the next leaf and so on until there's no stalk left. As you pull off each leaf you will probably need to rinse off any soil or grit that you expose. Sauté leeks in butter until soft. Add potatoes and broth, bring to a boil and skim off and discard any foam that rises to the top. Add optional thyme and simmer until potatoes are soft. Discard thyme, let soup cool slightly. Puree with either a handheld blender or in a blender with center part of cover removed to let steam escape. Stir in cream, salt and pepper to taste and either serve hot with optional garnish, or chill in refrigerator for at least four hours and serve cold with optional garnish. Serves 2-4.