



What's in your CSA farm share?

Carrots—Store in fridge in plastic bag for 1 week.

Radishes—Store in the fridge in a plastic bag for 1 week. Separate greens from roots for best storage. Greens are edible in stir-fry or salad!

Mini Red and Green

Lettuces—Store in plastic bag in fridge for 1 week.

Fennel—Store in plastic bag in fridge for 1 week. Bulb and fronds both are edible!

Spinach—Store in plastic bag in fridge for 1 week.

Coloring-to-Red Italian

Frying Peppers—Store in plastic bag or crisper drawer in fridge for 1 week. Or leave out at room temp 1-3 days to fully ripen to red.

Plum (AKA Paste/Roma)

Tomatoes—Store out of plastic bag at room temperature.

'Delicata' Winter

Squash—Store out of plastic bag at room temperature for 3-4 weeks. Skin is edible!

Beets—Store in plastic bag in fridge for 1-2 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 to remove any grit before enjoying.



RIPLEY FARM

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Please
return
your box!

October 2, 2019—Summer CSA pick-up 14 of 16

Dear Members,

With nights down into the 30's later this week, it appears that fall is officially here on the farm! What a great time of year it is for vegetables! Nope, our gardens don't peter out in October! We've got new and favorite fall veggies for you this week!

Your challenge this week is fennel! Fennel may be new to you, and if so, listen up! Don't confuse this fresh fennel with anise or fennel seed—they're not the same! These freshly harvested plump sweet bulbs with feathery green tops are gorgeous and much sought after in the culinary world. The bulbs are edible as a vegetable and the fronds as a fresh herb and/or garnish. To prepare, separate the leafy fronds and set aside. Trim root end and remove the stalks. The outer layers of white often have strings that need to be removed, which can be done with a peeler. Cut the bulb into wedges or slices and trim out the core.

Now, what to do with fennel? The classic way to use fennel is with oranges in a salad, in a salsa, in a sauce, etc. Fennel is also often paired with potatoes in a soup or in a baked dish. A CSA member shared her favorite way, Friar's Spicy Fennel Soup (on the website), and recently, we made Sautéed Fennel and Red Peppers. I also love it in the Fennel, Apple and Pecan salad. This week, I plan to make mine into Fennel and Tomato Soup, which I'll put on the website, too! Try it if you have leftover tomatoes!

Radishes! Did you know that you can cook radishes?? If they're "too spicy" for you, try our tried and true trick of chopping them and adding to a stir-fry or roasting them alone or in a medley to sweeten and mellow them out. So delicious!

Your first taste of this year's winter squash crop is here beginning with Delicata squash. If you've never had it before, here's my favorite way to cook it: halve it lengthwise, scoop out the seeds, lay face down on a baking sheet and roast at 400 degrees until tender. Add butter and optional maple syrup. Easy and delicious! Plus you can eat the skin, too, if you like! It's thin and tender.

Its fall now so here are some beets for you! We've got soooo many recipes on our website for beets, because they are one of our most favorite vegetables in the world! So if you're a beet skeptic, please promise me you'll try one of them, okay? Because I'm a busy farmer-mama, I boil my beets whole, slip off the skins and then make into a fresh beet salad as described on the website. My other go-to for beets is to peel, cube and roast them alone or with other veggies, like this week's recipe below.

Spinach is new! And by the way the plants have loved the rain and have grown HUGE leaves! I used one as a green "taco" shell this weekend, haha! Enjoy the veggies!

Roasted Beets and Fennel

1-2 fennel bulbs, stalks trimmed,
quartered, cored, and sliced

1 pound beets, peeled and diced

2-3 TBLS olive oil

Salt and pepper

Optional garnish: chopped fennel

fronds, balsamic vinegar, goat cheese

Preheat oven to 425 degrees. Mix all ingredients except optional garnish. Spread on baking sheet in an even layer. Roast approx. 30-45 min., until beets are tender. Top with garnish of choice. Serve hot.