



What's in your CSA farm share!

Carrots—Store in fridge in plastic bag for 1+ weeks.

Cherry and Saladette

Tomatoes—Store at room temperature out of plastic bag. Use up quickly!

Baby Lettuce Mix—Store in plastic bag in fridge for 1 week.

Cilantro—Store in plastic bag in fridge for up to 1 week.

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

'Georgian Fire' Garlic—Store at room temperature for 1+ week.

Red Onion—Store at cool room temperature or in fridge for 2-4 weeks.

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

Green & Coloring-to-Red

Sweet Peppers—Store in plastic bag in fridge for 1-2 weeks, or out of fridge for 1-3 days to fully ripen to red.

Cauliflower—Store in crisper drawer in fridge for 1 week.

Delicata Winter

Squash—Store at cool room temperature. Check weekly for signs of decay and then eat up quickly.



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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Thank you
for your
support!

October 4, 2023—Summer CSA pick-up 14 of 16

Dear Members,

Happy October! It's 80 degrees, and there are only two more pickups left!? Strange, but I assume we'll get a frost soon. It's hard to think about frost when it's back to roaring fans in the house and swimming at the pond. In October! Winter squash is here and onions are cured and getting crated up for storage and garlic tops and roots have been clipped... Winter is coming, but it's hard to imagine with this weather.

But it still feels like summer in the Summer CSA with tomatoes, peppers, and hot peppers hanging on one more week. Fresh salsa? Make the Fresh Tomato Salsa recipe on our website and use tomatoes, red onion, jalapeno, cilantro, sweet pepper and garlic all from this week's share! It's so good and is a CSA member go-to!

Delicata winter squash is a favorite for many for its smooth flesh and sweet taste. Our kids love it, too! My favorite way to cook it is roasted: cut in half lengthwise, remove seeds, place face down on baking sheet, roast at 400 until tender. Serve with butter and maple syrup. So, so, so good! The special thing about Delicata squash is that the skin is tender enough to eat. So, you can also slice it, roast it and enjoy plain or try the Roasted Delicata and Red Onions recipe from our website (uses Delicata squash, red onions, and garlic, YUM!). Delicata squash is also used as a component of a hearty salad (recipe ideas on the website) or it can be stuffed as in the recipe on our website Stuffed Delicata Squash with Apples and Red Onions. Good luck, you're going to love it!

Cilantro is back! It's good with tomatoes in the salsa mentioned above, but don't forget that it goes well with other veggies including carrots! The Carrot Cilantro Soup recipe on our website is delicious and a perennial favorite at our house as well as the French Carrot Salad (which also uses cilantro). Pair cilantro with your cauliflower as well in multiple recipes we have on our website like the Mexican Cauliflower Rice (uses tomato, cilantro, cauliflower, hot pepper, sweet pepper, onion and garlic) or the Cauliflower with Ginger and Cream or the Indian-style Cauliflower and Potatoes recipes on our website. Cauliflower is hit or miss for us, so we're happy with this year's "hit"! Enjoy and let us know how you use yours (always looking for more ideas).

We're on the harvesting home stretch in October with the rest of this year's root crops coming out this month for winter storage. We're on track for a good harvest year and for that we are so thankful. Enjoy the veggies and we'll see you next week!

Creamy Cauliflower-Pea Soup

5 cups broth or water
1 medium onion, chopped
1 stalk celery, chopped
4-6 cups cauliflower florets
2 cups fresh or frozen peas or ½ cup dry split peas/red lentils
1 tsp dried dill or 2 TBLS fresh
1 tsp dried parsley or 2 TBLS fresh
1 tsp dried basil or 2 TBLS fresh
¼ tsp dried sage or 1 tsp fresh

¼-1/2 cup fresh cilantro, chopped
Butter and/or cream, to taste
Salt to taste

Simmer onion, celery, cauliflower, and dried peas/lentils (if using) in broth until very tender, about 20-30 min. Add green peas (if using) and herbs and simmer 10 min. Puree. Add butter, cream, and salt to taste.