



What's in your CSA farm share:

Kale— Store in plastic bag in fridge for 1 week. Keep all the leaves covered or they will wilt quickly.

Green Leaf Lettuce— Store in plastic bag in fridge for 1 week.

'Purple Viking' Potatoes—Store at cool room temperature in the dark. Great baked and mashed!

Yellow Onions—Store at cool room temperature.

Buttercup Winter Squash— Store at cool room temperature for 2+ weeks.

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

Garlic—Store at cool room temperature.

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



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

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

Return
your box
next
week!

October 8, 2014—Week 15 of 16

Dear Members,

Rain! Oh the little things that we farmers get worked up about. We received the first real rain in over a month! September was an extraordinarily dry month, and our fall root crops were feeling it. The beets, carrots, rutabaga, etc still grow despite the cold and will add the recent watering to their waistline before harvest time comes.

October is carrot month at Ripley Farm! Many people assume that we finish harvesting for the season once the summer crops are gone, but that is not the case! October is our busiest harvest month of all as we race against the impending cold temperatures to harvest and bring under cover over 15,000 pounds of organic veggies for the Winter CSA and our wholesale accounts, including over 8000 pounds of carrots. This Monday we kicked off the bulk harvests with 1000 pounds of 'Yellow Sun' carrots. These specialty yellow carrots have gone out to the Crown of Maine Organic Cooperative to be distributed all over the state and even down to Boston. This weekend we'll move on to 'Dragon' red-skinned carrots and more rutabaga!

Next week is the last week of the summer CSA pickups. We want to congratulate everyone on a great job returning and taking care of the boxes this year! As you probably know, we've grown our CSA to 84 members this year and we have less broken boxes than ever! Good job to all! Speaking of boxes, with next week being the last week of the season, we'd like to encourage you to bring a bag or a cooler to transfer your vegetables into and to leave the wax boxes with us.

This week we've got some beautiful frilly green leaf lettuce, parsley, and another bunch of kale for those who were asking for it! With its popularity increasing, we've sold more kale than ever at the Orono Farmers Market, and for the first time in four years had CSA members asking for more. Our 'White Russian' kale is the most tender and mild of all kales and is great steamed with butter, salt and pepper. Remember to remove the tough inner mid-rib on each leaf, and voila! A delicious, fast, easy, healthy side dish in 10 minutes! Or try your kale in the seasonal soup recipe below that I made this week. "It was really good," says Gene ☺

This season's yellow onions are the biggest and the best we've ever had. The onions are now fully 'cured' aka dried, and we have begun the big job of cleaning onions. Tomorrow we'll spend much of the day snipping off the necks and roots of each onion and brushing off excess dirt. Hopefully we'll get all 1000 pounds of yellow done!

Buttercup squash's dry, sweet flesh is many people's favorite. To cook, cut in half, scoop out seeds, set face down in dish with ½ inch of water and bake at 350-375 until tender. Buttercup is great in soups, stuffed, or made into casseroles, topped with minced parsley. Enjoy fall at its finest this week!

Squash soup with kale and sausage

1-2 medium-large onions, chopped
4 tablespoons butter
1 buttercup squash, cooked, skin removed
1 bunch kale, midribs removed and chopped
1 quart chicken broth
1 pound ground pork, or spiced sausage

2 garlic cloves, minced
Minced parsley, salt and pepper

Saute onions in butter until soft.
Add squash, broth, kale, garlic.
Simmer until tender. Add
browned sausage and parsley.
Check seasonings and serve hot!