



What's in your CSA farm share?

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

Salad Turnips—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.

Fresh Sage—Store in plastic bag in fridge for 1 week. Or hang to dry!

Baby Kale—Store in plastic bag in fridge for 1 week.

Coloring-to-Red Peppers and Green Bell

Peppers—Store in plastic bag or crisper drawer in fridge for 1 week.

Red Onions—Store out of plastic bag at room temperature.

Buttercup Winter

Squash—Store out of plastic bag at room temperature for up to 3-4 weeks.

'All Blue' Potatoes—

Store at cool room temperature away from light for 1-2 weeks. Best uses: boiling, fries, salads.



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 9, 2019—Summer CSA pick-up 15 of 16

Dear Members,

Yep, we finally got our killing frost on Sunday morning. The crew harvested the rest of the peppers for you ahead of it! It's a festive time of year on the farm as we celebrate a season's worth of hard work by harvesting! Over the next few weeks, we'll get the remaining veggies out of the field and into storage for the fall and winter.

The cool, rainy May delayed our planting of potatoes. But your first potatoes of the season are finally here! These are called 'All Blue,' blue on the outside *and* on the inside! They are good for boiling, fries and salads. Or got kids? Blue mashed potatoes!

New is buttercup squash! And it is one of our favorite winter squashes with its deep golden sweet dry flesh inside and its attractive green-black skin outside. Two main ways we like to cook buttercup squash are in soups and stuffed. I realized that I only have recipes on the website for those two ways (haha!) so I've got another idea for you below! Basic preparation is: Halve and scoop out the seeds, lay face down on a baking sheet and roast at 400 until a knife pierces through. At that point, either eat as is or stuff with your desired filling (apples, onion, sausage and fresh sage, anyone?), top with cheese and bake face up for a few more minutes to melt the cheese. Delish!

Your herb this week is fresh sage. It smells so good! Sage goes well with poultry, pork (especially sausage), and squash. Try it in this week's recipe below or simply hang it to dry as is and use with your Thanksgiving turkey! To prepare, strip the fresh leaves from the stalk and chop according to preference.

Baby kale and salad turnips are back from the spring! Roast the turnips, use them raw in salad, throw them into stir-fry... I'll probably put them in my classic beef soup that I've been making often this year. Brown stew beef and simmer in broth until tender. Then throw in a bunch of chopped veggies (whatever you have on hand; this week you could use onion, carrot, potatoes, peppers, kale, and salad turnips + their greens) and simmer until the veggies are tender. Salt and pepper to taste and, boom! I make a huge one to last all week for quick meals that satisfy everyone!

Next week is the last week of veggies for the 2019 Summer CSA! Please bring a bag or cooler to transfer your veggies into and leave the box with us. Enjoy the veggies!

Buttercup Squash Fries with Sage Aioli

Buttercup squash, peeled, seeded and cut into 1/2"-3/4" wide matchsticks

3 TBLS olive oil

Salt, to taste

2 tsp cornmeal

1 raw egg yolk, at room temp.

1 tsp lemon juice

1 tsp vinegar

1/2 tsp Dijon mustard

1/4 tsp salt

2/3 cup olive oil

2 cloves garlic, minced

6-8 fresh sage leaves, minced

Preheat oven to 450. Toss squash pieces with 3 TBLS olive oil, salt, and cornmeal. Lay fries in single layer on parchment paper-lined baking sheet. Bake 15 min, flip over, and bake 10-15 more min. Meanwhile, whisk mustard, lemon juice, vinegar, salt, and egg yolk. Pour in olive oil *extremely* slowly, while continuously whisking. Whisk in garlic and sage. Serve as a dip for the fries.