



What's in your CSA farm share:

The Last Tomatoes—

Store at room temperature, NOT in plastic bag. Eat up quickly!

'Tin Tin' Mini Romaine Lettuce—Store in plastic bag in fridge for up to 1 week.

Green Cabbage—Store in crisper drawer in fridge for 2-3 weeks.

Delicata Winter Squash—Store at room temperature for 2-3 weeks.

Red, Yellow, Orange, Purple & Green Sweet Peppers—Store in fridge in plastic bag for 1-2 weeks.

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

'German Red' Garlic—Store at room temperature for 2-3 weeks.

Fresh Red Onions—Store in the fridge for up to 1-2 weeks. Tops are edible, too, and use like scallions!

Carrots—Store in fridge in plastic bag for 1-2 weeks. Remove greens for longer term storage.



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

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

September 23, 2015—Summer pick-up 13 of 16

Dear Members,

Up until this week, there has been little hint of fall in the air on the farm. Last Friday when it was 85 degrees, we cut our winter squash crop off the vine, began digging our fall potatoes, and finished cleaning our garlic crop that has been hanging to dry in our shed for several weeks. But Monday morning we had our first temperature into the 30's and later this week frost is forecast. Finally it may start to feel like fall.

This season our summer squash plants have been cranking through the heat of September to bring us right up to our winter squash harvest! This week's winter squash is called 'Delicata.' Though it may be unfamiliar to new members, Delicatas are smooth-fleshed, sweet, personal sized squash that win the favor of many a new eater. They are Carmen's favorite squash, and now she can't believe that she only found out about these fall treats when she started working on farms a few years ago. To cook, slice in half lengthwise, remove the seeds, place facing downward in a baking dish, fill ½ inch of water in dish and roast at 400 until tender. Served with butter and maple syrup, we had these for dinner last night and they were delicious! Our first ones, too!

With the coming of frost, this week will be the last week of tomatoes in the CSA shares. Seven weeks of vine ripened tomatoes has sure been a treat! Try using your last beauties with your cilantro, peppers, garlic, and onion to make a fresh salsa. One of the most popular recipes on our website is 'Carrot Cilantro Soup' where we also have several other ideas for using cilantro. It also goes very well with white meats like fish or chicken. Last night we had some cod baked with cilantro and chopped fresh tomatoes sprinkled on top. Or try a Mexican-inspired stir-fry using this week's onion, peppers, garlic, and cabbage with ground beef and cumin, coriander, and optional chili flakes topped with sour cream and cilantro over rice. Mmm... Sounds like a familiar lunch ☺

First fall cabbages are here, and they're nice, juicy, and fine textured! Cabbage is the often overlooked cousin of the "cool kid" kale, just as nutritious and even more versatile! I already made mine into creamed cabbage of which there were copious leftovers, perfect for reheating for lunches. To work 50-60 hours a week on the farm and prepare home-cooked food for three meals a day at the same time is a challenge only met by cooking in big batches! Use your cabbage with the tomatoes, onion, and garlic in another Ripley kitchen favorite "Unstuffed Cabbage Rolls" on the website. Or try a coleslaw with carrots, onion, garlic and a cilantro dressing. Also, don't forget to check out our close to 20 different cabbage recipes on our website's vegetable gallery.

Have a great week and happy equinox!

Cabbage with Onion, Garlic, and Peppers

1 head of garlic, peeled and chopped
1 onion, chopped
1-2 sweet red peppers, chopped (seeds removed)
¼-1/2 teaspoon cayenne powder (to taste)
4 tablespoons oil
1.5-2 pounds cabbage, finely shredded
salt to taste

Blend garlic, onion, sweet pepper, cayenne powder, and 2 TBLS water to make a paste. Heat oil on medium-high & add paste, stirring, 5-10 min. Add cabbage, salt, & 4 TBLS water if necessary. Turn down heat to low. Simmer, covered until tender, about 15-20 min.