



What's in your CSA farm share?

'White Russian' Kale—

Store in plastic bag in fridge for 1 week. Remove tough midrib and steam until tender.

Snow-Sweetened

Broccoli Tips— Store in plastic bag in fridge for 1 week.

'Purple Viking'

Potatoes—Store at cool room temperature in the dark for 2+ weeks. All purpose!

Buttercup Winter

Squash— Store at cool room temperature for 2+ weeks. Check weekly for signs of decay.

'Bolero' Carrots—

Store in fridge in plastic bag for 2-4 weeks.

Leeks— Store in fridge in plastic bag for 1-2 weeks. To use, discard leaves, slice in half lengthwise, and rinse out grit between layers.

Fennel—Store in fridge in plastic bag for 1-2 weeks. Bulbs and fronds edible!



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

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Please
return
your box
next time!

November 5, 2014—Winter pick-up 1 of 10

Dear Members,

Welcome to Ripley Farm's 2014-2015 Winter Community Supported Agriculture program! Whether you're a new or returning member we have lots of exciting veggies hoarded up for your enjoyment over the course of the next five months of your adventure in seasonal eating! We're so excited you've joined us for the snowy winter months of hearty storage vegetables—our very favorite time of year to eat locally!

Snow!! Although we got less than much of the state, 6-7" of heavy wet snow was still not a welcome sight here on the farm in the first week of November. The very last of our root vegetables are just reemerging from beneath Sunday's blanket of snow, ready for us to dig in the coming days. We managed to get *almost* all of our produce out of the field ahead of the snow, racing to haul in several thousand pounds of turnips, rutabaga, and cabbage. All that remains are some parsnips and parsley root, two exceptionally hardy roots that you'll find in your Winter CSA boxes in the coming months, all the sweeter for the snow and cold temps they experienced this week.

The general rule with late fall vegetables is that what doesn't kill them makes them sweeter. The broccoli and kale in your boxes are great examples of this. It felt surreal trudging through snow to rescue the sweet, tender broccoli tips and kale leaves. Both are at their peak of flavor right now thanks to the recent couple nights in the 20's!

The leeks and fennel are also harvested fresh from our field. Leeks are related to onions and can be substituted for onions in recipes. Their milder subtle flavor is particularly good paired with potatoes or in soups. Check out our website's 'Vegetable Gallery' page for recipes including for 'Vichyssoise', or Potato-Leek Soup.

Fennel is a dual-purpose herb/vegetable. The feathery fronds are used as a refreshing anise-flavored herb for garnishes on salads, soups, fish, etc. To use the bulbs, trim off the stems, slice in half lengthwise and remove the woody core. The bulbs are great raw grated or sliced very thinly into salads, especially paired with fruit as in the 'Fennel, Apple, and Pecan Salad' on our website. They are also good cooked as in the recipe below.

Your buttercup winter squash is great roasted at 350-375, cut in half, seeds removed, placed face down on a baking sheet with a little bit of water. Or try peeling it, cubing the flesh and roasting it tossed with olive oil, salt, pepper, and rosemary at 400 degrees until soft, about 30 minutes. We made this yesterday and it was delicious!

Enjoy your first taste of winter from Ripley Farm, and we'll see you in two weeks on November 19—Mary Margaret's 32nd birthday! Or visit us at Bangor's Maine Harvest Festival this weekend!

Fennel and Potato Bake

3 Tbls butter
2 fennel bulbs, halved, cored and sliced very thin
1 ½ lbs. potatoes, peeled and sliced very thin
Salt and pepper
¾ cup grated parmesan cheese
½ cup heavy cream

Preheat oven to 400. Butter an 8-inch square baking dish. Add potatoes in 3 layers, alternating with 2 layers of fennel. Season each potato layer with salt and pepper, dot with 1 Tbls butter, and sprinkle with 2 Tbls cheese. Pour cream over top and bake until potatoes are tender, about 45 min. Sprinkle with remaining ½ cup cheese and bake until golden-brown, 15-20 min.