



*What's in your
winter CSA share:*

Broccoli—Store in plastic bag in fridge for up to 2-3 weeks.

Spinach—Store in plastic bag in fridge for up to 1-2 weeks.

Leeks—Store in plastic bag in fridge for up to 2-3 weeks.

Salad Turnips—Store in plastic bag in fridge for up to 2-4 weeks.

Carrots—Store in plastic bag in fridge for up to 3 months.

Winter Squash—Store at cool room temperature (50-65 degrees) for up to 2-4 weeks. Check weekly for signs of decay.

Garlic—Store at room temperature for 1-2 weeks, or in the fridge for several weeks.

RIPLEY FARM

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Dear Members,

Welcome to the first week of our winter CSA farm share program! It felt an awful lot like winter this morning, with the temperature dipping down into the low teens here. Fortunately, at this point we've harvested all of our storage crops out of the field and they're safe and sound packaged in 25 lb. bags in our root cellar.

The much colder weather we've had the last couple nights hasn't stopped the spinach and broccoli. We harvested these cold-hardy crops fresh out of the field for this week's share. They provide a nice supplement to the storage crops coming out of our root cellar.

With twice monthly pick-ups and mostly storage crops in the share, we'll be giving you storage tips for each crop on the sidebar to the left. In addition to the cooking tips below, don't forget that our website has many recipes and tips on the "Vegetable Gallery" page.

You'll find topped 'Hakurei' salad turnips in your boxes this week. Our favorite way to use these is to sauté them briefly in butter until they just soften and turn slightly golden, about 5 minutes. Sprinkle them with salt and pepper and they make a delicious side dish. They also pair very well with broccoli. Try them together in a quick stir-fry or broth vegetable soup, remembering that they cook quickly and are ruined by long boiling. Of course, they are great raw in a salad or as a snack as well.

If you have difficulty using the leeks as a vegetable in their own right, one easy use for them is simply to substitute them for onions in any recipe. Their flavors are similar enough for this to work well.

You have a buttercup squash in your boxes this week. These are best cut in half and roasted, face-down in a quarter-inch of water, in a 400 degree oven for 45-60 minutes until easily pierced by a fork. They're great stuffed, or simply mash their sweet flaky flesh with butter salt and pepper.

Below is a basic and delicious recipe for broccoli.

Have a great couple weeks!

Stir-Fried Broccoli

2 Tbls cooking oil
½ lb. broccoli, cut into bite-size pieces
1 teaspoon minced fresh ginger
1 garlic clove, minced
Pinch of cayenne pepper
Salt to taste
1/3 cup water

Heat oil in a heavy skillet over high heat until hot. Add ginger, garlic and cayenne and cook for 10 seconds. Add broccoli and salt and cook, stirring, for 1 minute. Add water and stir-fry until broccoli is tender and water is evaporated, about 4 minutes. If water evaporates before broccoli is tender, add a little more water and keep stir-frying. Makes 2-4 servings.