



## What's in your CSA farm share?

**Leeks**—Store in plastic bag in fridge for up to 1-2 weeks. Clean well!

**'Red Cored Chantenay' Carrots**—Store in plastic bag in fridge for 2-4 weeks.

**Broccoli Tips**—Store in plastic bag in fridge for up to 1-2 weeks.

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

**Buttercup Winter Squash**—Store at cool room temperature for up to 4 weeks. Check weekly for signs of decay.

**'Chieftain' Potatoes**—Store in dark place or fridge for up to 2-4 weeks.



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.

4 tablespoons butter or oil  
¼ pound baked ham, chopped  
2 carrots, chopped  
2 leeks, cleaned and sliced  
4 cups water or chicken stock  
1 ½ pounds buttercup squash, peeled, seeded, chopped  
1 teaspoon dried thyme  
1 bay leaf  
1 tablespoon tomato paste



## RIPLEY FARM

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

Please  
return  
your  
boxes!

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Dear Members,

Welcome to the first week of your winter adventure in seasonal eating from Ripley Farm! How have you been since we last saw you at the final Summer CSA pick-up? We've been well, staying busy harvesting our fall crops before the temperatures get too cold. We're almost done getting our roots out of the field, and today is likely the season's last harvest from outside. Tomorrow when the rain comes and thaws the ground we'll get the last of the 'Red Cored Chantenay' carrots and the parsnips.

This first week highlights the 'in between' season in which we find ourselves. Some things from outside, some from the greenhouse and some already harvested! We've got the last of the leeks and broccoli from outside in the share. There's also spinach from the greenhouse today. And you'll find harvested root crops like carrots and potatoes as well as a beautiful buttercup squash.

The work load on the farm is also in the 'in between' season where we're slowing down, but by no means done, with outdoor harvesting, washing, repairs, and readying everything for winter. At the same time we've got more inside work to do as we begin thinking about the 2014 growing season. This past weekend we went down to Northport for Maine's large organic farming conference put on by the Maine Organic Farmers and Gardeners Association (MOFGA). It's a great place to exchange ideas and learn more about organic farming. Every year the conference jumpstarts our excitement about the next season's planning process!

Leeks are very cold hardy versions of onions, actually able to survive through the winter if properly mulched. I love to use leeks anywhere in recipes where onions are called for. They are also tasty in quiches or frittatas (crustless quiches), as well as in soups like Potato Leek Soup, or try them paired with squash in this week's recipe below.

Like the root crops, the spinach and broccoli in your share this week are frost sweetened! Broccoli tips and spinach are both good side dishes, lightly steamed. Spinach is also great in soups, quiches, or combine it with grated carrots and a dressing to make a nice fall salad. I roasted a buttercup squash last night. Delicious! And we had easy leftovers for today's lunch. Basic preparation is to cut it in half, remove seeds, and place cut side down in baking dish with a ¼ inch of water and roast at 400 degrees for 45 min. or until tender. Also check out the two stuffed squash recipes on our website. Enjoy the fall produce from our farm, and we'll see you on November 20!

### Ham and Squash Soup

1/8 teaspoon ground allspice  
Salt and pepper  
2 cups half-and-half

Sauté ham, carrots, and leeks on medium until tender. Add water and bring to boil. Add squash, thyme, bay leaf, and tomato paste. Reduce heat, cover and simmer until squash is tender. Puree and then add allspice, salt, pepper, and half-and-half.