



What's in your CSA farm share:

Carrots—Store in plastic bag in fridge for 2+ weeks.

'Hakurei' Salad

Turnips—Store in the fridge in a plastic bag for 1-2 weeks. Can be eaten raw, roasted, sautéed, or stir-fried.

Baby Kale—Store in plastic bag in fridge for 1 week. Raw or cooked!

'Delicata' Winter

Squash—Store at cool room temperature for 2-4 weeks. Skin is edible!

Leeks—Store in plastic bag or crisper drawer in fridge for 1-2 weeks. Clean well (see text for instructions) and use in baked dishes, soups, roasted, grilled, oh my!

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

'Satina' Potatoes—Store at cool room temperature away from light for 2+ weeks. All purpose!

'Georgian Fire' Garlic—Store at cool room temperature OUT of plastic bag for 1-2 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 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!

November 6, 2019—Winter CSA pick-up 1 of 10

Dear Members,

Welcome to the Winter CSA! You are part of 140 families in the Piscataquis and Bangor area choosing to eat more veggies this winter. Our family and employees are excited to serve you and get to know you through our shared love for healthy food!

Are you aware of the BEST resource for using your CSA veggies... our online "cookbook", the Vegetable Gallery at www.ripleyorganicfarm.com/vegetable-gallery. Find inspiration for ALL the veggies in your farm shares. Our 350+ favorite seasonal veggie recipes are tried and true by your farmers and our awesome food community! In my weekly newsletters I reference recipes stored there, so please go check it out!

Leeks are relatives of onions and can be used in much the same ways, with a nuttier flavor and a different texture. The key to loving leeks is to clean them well. To do this, remove the roots and green tops (save for making broth if you choose), slice the leek lengthwise and rinse under running water to remove any dirt lodged between the layers. Then slice according to recipe. I love leeks in soups, including the classic Cream of Potato Leek Soup. Or the Curried Carrot, Leek, and Apple Soup for this weather!

Salad turnips? Before you discount them, hear me out. These white beauties have converted more "turnip-haters" to lovers than I can count over the past decade! They're sweet, juicy, mild, and crunchy in the perfect combination to eat them out of hand like an apple. Hey, my 3-year-old does! Or sauté them gently in butter. They're also quick and easy roasted. However you cook them, top with balsamic vinegar... Yum!

Have you tried Delicata squash before? Well, you're in for a sweet treat! Smooth dense flesh with remarkable sweetness comes wrapped in edible skin. Our favorite way to make them is simply roasted halved. To do so, cut squash in half lengthwise, scoop out seeds, lay face down on baking sheet, and roast at 400 until tender. Add optional butter and maple syrup. Or get fancy and try the Roasted Delicata and Kale Salad with Blueberry Vinaigrette. That was a hit last year!

Fresh from the fields come cilantro! A personal plug for my absolute favorite way to use cilantro with fresh veggies: Carrot Cilantro Soup. Y-U-M and substitute leeks for onions and boom! You've got it made! Try also the Cilantro Butter recipe, as it is really good on fish or potatoes or even steamed carrots. And, oh my, is the baby kale tender, mild, and sweet!? Again my 3-year-old eats it off the "stem"! If that's not you, try it raw in salad. My current go-to is Lemony Kale Salad. I also enjoy baby kale in a Portuguese Kale Soup or any other hearty soup this time of year. Enjoy the veggies!

Delicata Squash and Lentil Stew

Cooking oil
1 pound leeks, cleaned and sliced
1-2 cloves garlic, minced
¼ cup cilantro, chopped
1 cup lentils
2 cups water/broth (more if needed)
1-2 Delicata squash, seeded, (optionally peeled), and cut into ¾" pieces
1 ½ cups mushrooms, chopped

1 TBLS soy sauce (or more to taste)
Salt to taste

Heat oil in pot. Add leeks, garlic. Sauté 5 min. Add cilantro, lentils, liquid, and soy sauce. Bring to boil, simmer until desired al dente. Add squash and mushrooms and simmer until tender. Salt to taste and serve hot.