



## *What's in your CSA farm share?*

**Red Onions**—Store at room temperature for up to two weeks.

**Spinach**—Store in plastic bag in fridge for 1 week.

**'Tuffy' Acorn Squash**—Store at room temp for 2-3 weeks.

### **'Detroit Dark Red'**

**Beets**—Store in fridge in plastic bag for 2-3 weeks.

### **Giant Winter Kohlrabi**—

Store in fridge in crisper drawer for 2-3 weeks. If cut, wrap plastic bag around it to prevent drying out. **PEEL ME WELL!**

**'Bolero' Carrots**—Store in fridge in plastic bag for 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 to remove any grit before enjoying.



## **RIPLEY FARM**

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**Return  
your box  
next time!**

December 2, 2015—Winter pick-up 3 of 10

Dear Members,

Happy December to all! December is a wonderful month on the farm full of relaxation, more sleep, movies and books, hot chai tea, and leisurely homemade meals every night. After a particularly lengthy fall harvest, aka the largest we've ever pulled off, we were all very ready for Thanksgiving break. We hope that everyone enjoyed a fantastic holiday filled with good food and family as we did with my aunt, uncle, cousins, and parents in NY State.

Going away to my family's home made me appreciate what great bounty and diversity of vegetables that we enjoy here on the farm, even in the winter. Did you know that only 9% of Americans get their recommended daily amount of vegetables, which is about 2 cups per day? Even in winter we eat many kinds of veggies all the time grown on our farm. With this week's Winter CSA being no exception, I bet you do, too!

Carrots! I'm currently experiencing a renaissance for carrots! Gene makes this awesome dish called 'Coconut Carrots' whenever I demand, which is practically every day! The recipe is on the website, but the basics are to sauté thinly sliced carrots in coconut oil until very tender, salt to taste, and top with a dollop of sour cream. Mmm!

I admit that acorn squash is not my favorite squash, and as a result we don't grow it every year. This year we tried a new variety that a friend recommended as her favorite squash ever called 'Tuffy'. And yum! I can personally vouch for the sweet, smooth deliciousness of the flesh of these hard shelled acorns. They are really, really good, and the 'Tuffies' have won me over! Acorns are great sliced in half, seeds scooped out and roasted at 400 until tender. Top with brown sugar and butter and serve as is as a side dish or stuff and re-warm. Let us know what you think!

We had a bumper crop of kohlrabi this year, and the green alien bulbous objects are in your share this week! Remember these? Their sweet crunchy flesh has made them surprisingly popular with the CSA! The key to loving kohlrabi is to cut away the tough end generously (approx 1-3 inches up from the bottom) and peel the green skin completely away to avoid any tough fibers that might remain. Then slice and eat raw as a snack with or without dip, grate into a salad or make the member-submitted 'Kohlrabi and Apple Salad', or cook your kohlrabi! I've got our favorite ways of cooking it on the website, including pureed, sautéed with cream, roasted, au gratin, or souped.

I was recently reminded of just how wonderfully sweet and flavorful beets are when roasted. We visited Gene's sister in Massachusetts on the way down to NY and made a roasted carrot and beet platter for dinner that night. So simple, delicious and colorful that I wished we'd made double! And it would be even more awesome with kohlrabi added, too! See below for the how-to. We'll see you in two weeks!

### **Roasted Carrots and Beets**

Carrots, peeled and chopped into small pieces  
Beets, peeled and chopped into small pieces  
Kohlrabi, peeled and chopped into small pieces (optional)  
Olive oil to coat liberally  
salt, pepper, and optional herb of choice (we used thyme)

Toss all of the ingredients together and spread onto baking sheet in a more or less single layer. Roast at 400, stirring a couple of times to prevent sticking, until tender and very sweet. Serve hot and leftovers also good reheated with eggs for breakfast! Enjoy!