



What's in your Winter CSA share:

Sweet Dumpling

Winter Squash—Store at cool room temp. (50-60) for up to 2-4 weeks. Check weekly for signs of decay.

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

Onions—Store at room temperature for up to 1 week or in crisper drawer in fridge for up to 2-3 weeks.

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

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

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

German Kohlrabi Sauté

2 cups kohlrabi, peeled and chopped
2-3 tbs butter
Salt and pepper
½-1 cup cream

Heat butter in skillet on medium heat. Sauté kohlrabi until softened, stirring, about 10 minutes (depending on size). Turn heat to medium-low, season with salt and pepper, and add cream. Cover and simmer until creamy and very tender, about 15-20 minutes. Serves 2-4.

RIPLEY FARM

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

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Dear Members,

Over the past week we've started receiving our 2013 seed catalogues. I never tire of looking through all the varieties of the different vegetables for new ones to try. We have our seed potatoes all picked out and ordered for next year. After a miserable crop of potatoes this season we're looking forward to a better crop next year. This week we've begun totaling up our yields and results from this season in preparation for planning our 2013 season.

We've also been spending the past few days finishing up our last preparations for winter and snowfall, spurred by the zero degree night we had on Saturday. We've moved our lambs down to a winter paddock next to the house. We also got a big tractor trailer load of compost dumped last week, so we're ready to fertilize come spring.

Despite the cold snap at the end of last week, the spinach is unfazed. The last of the broccoli in the field froze last week, but the spinach leaves are still crisp and green. We made a delicious spinach casserole a few days ago with spinach, cream, cheddar cheese, cream cheese and nutmeg. Check out the recipe below.

You'll find 'Sweet Dumpling' winter squash in your boxes this week. They are best cut in half and roasted face-down in a half inch of water at 400 degrees until easily pierced with a fork. Add butter and optional maple syrup.

The large, round green vegetable in your boxes is a kohlrabi. These are brassicas, members of the cabbage family. To prepare, rinse and peel the tough outer skin to reveal the very crisp and juicy flesh that is great raw or cooked. Kohlrabi has a flavor that's almost a cross between a cabbage and an apple. They make excellent raw veggie sticks with a good dip. They also make nice coleslaw if substituted for the cabbage. Or try pairing them with apples and a creamy dressing for a sweet, juicy salad. We like them cooked with cream and butter as in the recipe below. Several customers at farmers' market who are German say this is the traditional way to eat kohlrabi, a staple vegetable in Germany. Enjoy!

See you on December 19th for the next CSA pick-up!

Creamed Spinach

½ lb. spinach, washed
1/2 cup heavy cream
2 tbs cream cheese
Pinch of ground nutmeg
Salt and pepper
¼ cup grated cheese (parmesan or cheddar, etc.)

Preheat oven to 350 degrees. Steam spinach in pot with no added water other than what's on the wet leaves after washing, about 10 min. Drain and squeeze out water and add salt, pepper, and nutmeg. Place spinach in small greased casserole. Heat cream and cream cheese to boil. Pour over spinach. Top with grated cheese. Bake in oven for 20 min. Serves 2-4.