



What's in your CSA farm share:

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

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

Mini Green Leaf

Lettuces—Store in plastic bag in fridge for 1+ weeks.

Delicata Winter

Squash—Store at cool room temperature for 2+ weeks. Check weekly for signs of decay and cook promptly.

Garlic—Store at cool room temperature out of plastic bag for 2+ weeks.

Green Cabbage—Store in plastic bag or crisper drawer in fridge for 2 weeks.

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

Mizuna Asian Green—Store in plastic bag in fridge for 1-2 weeks. Mild, tender and great raw or lightly cooked.



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
week!

December 2, 2020—Winter CSA pick-up 3 of 10

Dear Members,

How was your Thanksgiving? I hope it was warm and fuzzy and full of lots of veggies! Ours sure was! Plus we took the whole week off! Owning and managing our own farm is our dream to say the least, but it is still nice to be able to “get away” even if that is staying home this year with our little family. For that we are very thankful.

The talk on the farm is the weather. It's been so warm overall the past month that it has really barely felt like winter. This week was another easy Winter CSA week for harvesting lots of greens and packing and getting everything ready. It certainly feels weird to us to have it so warm, but the greens in the tunnels are thriving away completely unstressed. We've never been able to have so many greens in the Winter CSA before! Enjoy it while it lasts.

Speaking of greens! This week you've got a new one, Mizuna. It is a mild Asian green in its baby leaf form. It's so tender and succulent that you can eat it raw in salads. It's also delicious very lightly cooked, added in at the end to a stir-fry or soup. I think it especially pairs well with apples, so I feel a Mizuna, apple, feta, and other veggie salad coming on really soon at our house. (Sometimes I like it as a snack, too!)

The mini green lettuces that we have for you this year in the Winter CSA are special and new to us! They are “one cut” salads, as all of the leaves spiral out from the middle point making it extremely easy to cut right at the base to remove the butt end and have a pile of ready-made lettuce. Pair it with your Mizuna, perhaps?

It is your first cabbage of the winter! A summer CSA member in our CSA Facebook community group shared this week's recipe with me and when I made it, I said “wow”! I've been just waiting with the recipe sitting on my counter in my kitchen, so excited to share it with you, and now cabbage time has finally come around again! Check it out! There are also my other bajillion favorite cabbage ideas on our website, so don't forget to check there for inspiration. And yes, you CAN substitute cabbage for kale in Sausage and Kale Soup. Yum!

Delicata squash is one of the most popular squashes in our CSA for good reason. Its smooth sweet flesh and thin, edible skin makes it easy to use! Roast it halved with butter and sweetener, or in half rounds, added to salad as in the multiple delicata salad recipe ideas on our website. Enjoy the veggies! See you in two weeks on December 16.

Fall Apart Caramelized Cabbage

¼ cup tomato paste
3 garlic cloves, minced
1.5 tsp ground cumin
1.5 tsp ground coriander
Red chili pepper flakes, to taste
1 medium head cabbage
½ cup olive oil (or as needed)
Salt to taste
Fresh herb, optional (parsley/cilantro)
Yogurt or sour cream, optional

Pre-heat oven to 350. Mix tomato paste and spices. Cut cabbage into 8 wedges, keeping core. Brown cabbage wedges on both sides in olive oil on medium-high, approx 4 min per side. Remove cabbages. Add tomato paste and brown 2-3 min, stirring. Add water to come up to ½” on sides of pan. Add cabbage back in, season with salt, and roast uncovered until cabbage is caramelized. Serve with fresh herb and yogurt.