



## What's in your CSA farm share:

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

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

**Butternut Winter Squash**—Store at cool room temp. for up to 2 weeks. Check weekly for signs of decay.

**Kohlrabi**—Store in fridge in crisper drawer for 2-4 weeks. Peel off tough skin before use!

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

**Red Onions**—Store at cool room temperature for up to 2-4 weeks.

**'Satina' Potatoes**—Store in dark 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.



## RIPLEY FARM

Eugene and Mary Margaret Ripley  
62 Merrills Mills Road  
Dover-Foxcroft, ME 04426  
207-564-0563  
[www.ripleyorganicfarm.com](http://www.ripleyorganicfarm.com)  
[ripleyfarm@gmail.com](mailto:ripleyfarm@gmail.com)

Please  
return  
your  
boxes!

December 4, 2013

Dear Members,

Weeks ago we took down our deer exclusion fence and for a while we didn't see much deer evidence. But after this weekend's visit from Snow White everything has changed! Ripley Farm got covered in this year's first blanket of beautiful white snow, which has sent the deer into our fields to clean up the easily accessible frozen vegetable remains. Yesterday Gene and I saw some kale plants that had been basically untouched before the snow that now look like winter twigs on a leafless tree!

Seeing this, we're thankful for our greenhouse. Because of the cover it offers, today you have frost-sweetened kale in your farm share boxes. Kale is one of the most cold-hardy greens and can actually over-winter in our climate in milder winters. Gene and I spent last week vacationing at Gene's parents' house in Harrington in Washington County, Maine. There I harvested the last kale out of my mother-in-law's garden and made a cold weather favorite, Portuguese Kale Soup. Also, Ripley Farm Summer CSA farm share members loved the Irish Colcannon recipe, combining kale and potatoes. Check out these recipes on our website's 'Vegetable Gallery'. Or most simply, remove and discard the tough midribs and stems, chop and steam the leaves until tender. Top with butter, salt and pepper. Fresh kale is a real treat in December!

Spinach is also a super hardy green and is versatile, too, great raw in salads or steamed. Last week, we had friends over for an "All Asian" meal including Saag Paneer, or Indian-style spinach. Check out this recipe on our website, too. It was a big hit!

Kohlrabi...what? Kohlrabi is the large green globe in your box and may be new to some of you. A member of the cabbage/broccoli family, kohlrabi is another versatile winter storage veggie. Gene describes the taste as a cross between a cabbage and an apple. Others say it's a lot like jicama. Crispy and juicy, kohlrabi pleasantly surprised many of this summer's CSA members! Chop it into veggie sticks and eat with a dip. Grate it into a winter salad with spinach and apples. Slice it and sauté lightly in butter. Boil and mash with potatoes. The possibilities are endless. But, no matter which way you use it, make sure to peel away the tough outer skin! For lunch today we had a delicious recipe that combines kohlrabi with the squash in your share. Check it out below. We've also got other kohlrabi recipes on our website if you're still stumped.

Butternut squash is one of our favorites for its smooth skin and flesh and easy peeling. To roast, cut in half, remove seeds, place face down in a ½ inch of water and roast at 350-400 until tender. I love it in the fabulous Squash and Sun Dried Tomato recipe on our website. For Thanksgiving dinner, Gene's mom made a mashed squash dish topped with chopped nuts. Everyone loved it! See you in two weeks on Dec. 18!

### Roasted Squash and Kohlrabi

kohlrabi, trimmed, peeled, & chopped into 3/4 inch dice  
2+ tablespoons extra-virgin olive oil  
finely chopped fresh thyme, or dried thyme  
minced sage or dried sage  
salt & pepper  
butternut squash, peeled, seeds removed and chopped  
into 3/4 inch dice

Preheat oven to 450°F. Toss kohlrabi with half the oil, thyme, sage, salt, and pepper in a bowl. Transfer kohlrabi to pan in oven and roast 15 minutes. Toss squash with remaining oil, thyme, sage, salt, and pepper. Stir kohlrabi and add squash. Roast, stirring halfway through, until vegetables are tender and lightly browned, about 30 minutes.