



What's in your CSA farm share!

'Thelma Sanders' Blonde Acorn Winter Squash—

Store at cool room temperature. Check weekly for signs of decay and consume quickly if found.

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

Purple Daikon Radish—Store in the fridge in crisper drawer 2+ weeks.

Rutabaga—Store in fridge in crisper drawer for 2+ weeks. Peel well!

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

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

Yellow Onions—Store at cool room temperature NOT in a plastic bag for 2+ weeks.

'Satina' Potatoes—Store in plastic bag in fridge for 2+ weeks. Or at cool room temperature, NOT in a plastic bag in the dark. All purpose!



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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Thank you
for your
support!

January 17, 2024—Winter CSA pick-up 6 of 10

Dear Members,

With new snow on the ground, it feels like winter has finally arrived on the farm. And we're already planning for summer! We've opened up our 2024 Summer (and Spring) CSA farm share memberships. Gene and Hannah are busy working in the office to start the seeds/supplies/etc. ordering for the year. And I'm busy searching for new recipe ideas for the CSA share newsletters! Oops this goes on year-round ☺

It's fun to introduce you to new veggies—trying new things and experimenting in the kitchen is what it's all about, right? Parsnips are new this week! These pure white roots are a real treat of the heart of winter as they get sweeter as time goes on in storage. Up until now I've always used parsnips in the "savory" fashion, my favorite of which is roasted. BUT in a recent splurge I made the below recipe which uses parsnips in a sweet way. Turns out there are many new horizons with parsnips used in sweet applications including pies, cupcakes, and more! I've got some (savory) recipe ideas on our website for parsnips so if you're looking, be sure to check it out! If you want a compromise between sweet and savory, check out the Parsnip and Apple Puree.

Rutabaga is new to the Winter CSA for this season! The definition of stalwart, the humble rutabaga is often confused with the turnip. But, no, no. They are not the same. The rutabaga is denser and has yellow flesh while a turnip is more watery with white flesh. The flavor is also different with the rutabaga having a nuttier flavor than the turnip. Rutabaga has tougher "skin" than a turnip, so make sure to peel very well until you get all the way down to the golden yellow flesh inside, cutting away any dark spots. Rutabaga is typically eaten cooked, though I'm not against trying it raw if anyone has ideas for me. A great starter recipe for rutabaga is the Rutabacon Hash on the website. Bacon makes everything better, right!? Or simply roast it alone or with other veggies. I also like it in a basic beef stew. Check the website for more ideas!

The third new thing this week is Daikon radish. Daikon radishes are large winter radishes found commonly in Asian cuisine. The variety we have for you today is a bright purple inside and out! It's a colorful delight in the winter used raw in salads either sliced thinly, grated, or spiralized. I like it cut into matchsticks to use with dip. Or grated into a slaw with carrots and apples and a light vinaigrette dressing (see Winter Radish and Apple Slaw). Daikon radishes can also be cooked very satisfactorily in a stir-fry, gratin, stew, or roasted. Try them! See you in two weeks on January 31.

Banana-Parsnip Bread

¾ cup Medjool dates, pitted & chopped
½ cup boiling water
¼ cup unsalted butter, room temp.
2 large eggs, room temp.
2 tsp vanilla extract
2 cups all purpose flour
½ tsp salt
1 ½ tsp ground cardamom
1 tsp baking soda

3 large over ripe bananas, mashed
1 cup parsnips, grated

Soak dates in boiling water for 15 min.
Blend into paste in food processor. Blend in butter, eggs, vanilla until well combined.
Mix date mixture into dry ingredients. Fold in bananas and parsnips. Bake at 350 degrees in greased loaf pan until done, about 50-65 min.