



What's in your CSA farm share:

'Purple Top' Turnips—

Store in plastic bag in fridge for 2 weeks.

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

Garlic—Store at cool room temperature for 2+ weeks.

Tricolor Rainbow Carrots—Store in fridge in plastic bag for 2-4 weeks.

'Purple Viking' Potatoes—Store in the dark at cool room temp or in fridge for 2 weeks.

Red Onions—Store at cool room temperature for 1-2 weeks.

'Delicata' Winter Squash—Store at cool room temperature for 2—4 weeks. Check weekly for signs of decay.



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
ripleyfarm@gmail.com

Please
return
your box
next time!

January 21, 2015—Winter pick-up 6 of 10

Dear Members,

Here at Ripley Farm we love winter for the opportunities that it brings us to do many things that we don't have time for in the busy summer months. This year January has been the month of education and networking with other farmers. A couple weeks ago we spent a full day in Freeport teaching farm financial planning to a class of beginning organic farmers. A few days later we spent the day at the Ag Trade Show in Augusta in a variety of workshops. Then we went back down to Augusta to attend a half day of farmer presentations at a gathering focused on building the local food system. And this coming weekend we are presenting on a panel of farmers at Maine's annual farmers market convention! Phew! Aren't we supposed to be resting? ;)

Parsnips are one of the very sweetest vegetables that we grow, but you'd never know it in October or November! Fresh dug in the fall they are starchy and bland, a notable exception to the idea that fresh is best! But now, three weeks squarely into the New Year and with two months of cold storage under their belts, the parsnips have sweetened up very nicely and are making their first appearance in your CSA boxes. Try roasting your parsnips as a fourth color to the tricolor mix of 'Atomic Red', 'Purple Haze', and 'Yellowstone' carrots in your box this week. They're also great mashed on their own or with carrots or potatoes, as well as sautéed in butter or made into a sweet, warming soup. Check out the many parsnip recipes we have on our website!

Another sweet vegetable in your share this week is 'Delicata' squash. Summer CSA members have already had this smooth-fleshed favorite, but for some of you it may be new. Cook it at 400 by cutting it in half, scooping the seeds out and roasting it face down in a casserole dish with a half inch of water. Serve the personal sized halves with a pat of butter. If you want them really sweet add a drizzle of maple syrup. Yum!

'Purple Top' turnips are in your share this week. For those of you out there who are turnip skeptics, I have a piece of advice: don't just boil them plain and plunk them down in a shunned pile at the edge of your plate—you'll probably continue to dislike this underappreciated vegetable if you do! ☺ They have become one of my favorite winter vegetables and in our house are an essential addition to roasted root vegetable medleys, scattered around a roasted chicken, or added to the many soups and stews we eat this time of year. There are several good recipes for turnips on our website, including my favorite, the Indian-inspired 'Turnips in Yogurt and Tomato Sauce'. I also love turnips glazed in butter and honey, which combine as a perfect foil to the slight bitterness of turnips. Try them!

Stay warm, and we'll see you in two weeks on Feb. 4!

Caramelized Winter Roots

4+ tablespoons olive oil
¾ pound turnips, unpeeled, cut into ½ inch dice
¾ pound potatoes, unpeeled, cut into ½ inch dice
¾ pound carrots, peeled, cut into ½ inch dice
Salt and pepper to taste
Thyme to taste (approx 1 tsp dried)
½ pound onion, chopped

In heavy bottomed skilled, heat olive oil on medium. Add all ingredients except onions and sauté at a gentle sizzle, stirring for about 15-20 minutes. Try not to brown too quickly, reduce heat if necessary, &/or add more oil. Add onions and continue to cook as above until veggies are tender and deep brown.