



What's in your Winter CSA share:

Garlic—Store at room temperature for 1-2 weeks, or in the fridge for several weeks.

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

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

Delicata Winter

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

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

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

Winter Root Casserole

- 9 Tbls butter
- 1 lb. onion, halved and sliced
- 2 cloves garlic, minced
- 1 lb. potatoes, cut in half and thinly sliced
- 1 lb. carrots, peeled and thinly sliced
- 1 lb. parsnips, peeled and thinly sliced
- 3 Tbls white flour
- 2 ½ cups milk
- 1 ½ tsp salt
- ¼ tsp ground black pepper
- ¼ tsp ground nutmeg
- 1 cup grated cheese

RIPLEY FARM

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Dear Members,

Happy New Year! 2013 is certainly starting off cold and windy. We're happy to have such good snow cover when it gets this cold. The perennial flowers and herbs that we grow are safely insulated beneath the snow, rather than exposed to the full freezing and heaving of the earth.

All of the snow off of our greenhouse's roof had piled up to the top of the side wall after the last storm, so I was out plowing some of it away yesterday. If we get another big storm without any melting first the snow would probably not be able to shed off the roof of the greenhouse, which can cause the structure to collapse. The spinach inside the greenhouse is still alive and green, but is currently too frozen to harvest.

We're working on updating our summer 2013 CSA brochures this week. You all should receive them before the next winter share pickup. Keep an eye out!

The carrots in your box this week are a yellow-skinned variety called 'Yellow Sun.' We grew a small trial plot of them this year for the first time and liked them a lot. Their short, blocky shape makes them great for storage, and is very similar to our favorite variety of orange storage carrot, 'Red-Cored Chantenay.'

There are parsnips in your boxes this week. You'll find a recipe below that uses them along with most of the other veggies in this week's share. You can also use them and many of this week's vegetables to make a platter of mixed roasted root vegetables. Simply pre-heat the oven to 400, chop your veggies into large bite-size chunks, and place them on a cookie sheet or in a shallow casserole in a single layer. Then drizzle them with a little olive oil, sprinkle with salt, pepper, and maybe a little rosemary or thyme, and roast until they are tender, about 45 minutes to 1 ½ hours depending on what vegetables you choose. Beets can take up to 2 hours!

We also like to boil and mash parsnips with butter, salt and pepper, either on their own or combined with other veggies like carrots or potatoes.

Happy New Year and we'll see you on January 16th for the next pickup!

Preheat oven to 375. Heat skillet over medium heat. Add 6 tbls butter, onions, and garlic and gently sauté for 15 minutes, stirring. In large baking dish or casserole, combine sliced root vegetables with cooked onions. Bake until tender, about 45 minutes to 1 hour. Meanwhile, heat remaining 3 Tbls butter over medium heat in sauce pan. When warm add flour and stir one minute. Then, dribble in milk while constantly whisking. Bring milk mixture to a boil while stirring. Then turn down heat and simmer 5 minutes until sauce has thickened, stirring. Remove from heat and add salt, pepper, and nutmeg. Add sauce to roasted vegetables and mix, topping with grated cheese. Bake 15 minutes until bubbly. Serves 6-8.